

# **BPG MADE EASY**





## The basics of administering benzathine benzylpenicillin G (BPG) intramuscular injections for acute rheumatic fever (ARF) and rheumatic heart disease (RHD).

#### **BEFORE GIVING THE INJECTION**

- Review your local policy regarding the administration of BPG
- Required every 21-28 days check when the dose is due
- Provide a prompt and friendly injection service
- Check patient preferences for injection administration

#### PAIN MANAGEMENT OPTIONS

Follow the Strategies for Injection Managing Pain, Fear and Distress pyramid as per the ARF/RHD Australian 2020 guidelines

Direct pressure, cold pack, cold needle, Vibration device, oral analgesia

Nitrous oxide Clonidine (oral)

Local anaesthesia

(Lidocaine)

Calm, respect, reassurance Short wait time, foster relationship, family support Use patient's preferred injection site, good injection technique Cultural safety

Transition care: children, adolescents, emerging adults > Monitor changing needs and preferences

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#### CHOOSING A SITE AND INJECTING

- Choose an appropriate injection site: dorsogluteal, ventrogluteal, vastus lateralis
- Apply pressure directly to the injection site for 10 seconds immediately before injecting
- Use the 21-gauge needle provided to inject
- Draw back gently to ensure you are not in a blood vessel
- Inject slowly over 2-3 minutes

### PREPPING

- Warm the syringe to room temperature
- Add lidocaine as per guidelines, if prescribed

#### AFTER THE INJECTION

- Observe for 15 minutes post injection in case of adverse reaction
- Remind when the next injection is due and the importance of injection timings
- Call / email / fax the RHD Register with the patient and injection details - notifying the RHD Register is mandatory for all ARF and RHD related treatments

#### **OTHER RESOURCES**

- Clinical guidelines, eLearning and other resources are available at: <u>https://www.rhdaustralia.org.au</u>
- WACHS MyLearning course: <u>Rheumatic Heart</u> <u>Disease Introduction Declaration (RHDI EL2)</u>



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