Free say-and-do preparation

Intramuscular injection verbal rehearsal.

A spoken preparation checklist for medication administration. Use it to organise explanations and questions before your next rehearsal.

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Preparation practice, not clinical advice. This is a conversation planning guide, not a clinical procedure. Online rehearsal develops thinking and language; learn and practise physical skills in person with appropriate supervision.

How to use this checklist

Read the fictional task first. Work through each prompt out loud, using only the information supplied. Where a clinical detail is missing, say what you need to clarify rather than inventing it.

Review the fictional order and identify any clarification needed.

“I will clarify the missing information rather than invent a dose or instruction.”

Explain consent, privacy and comfort before the procedure.

“I will explain the procedure and check how we can preserve your comfort and privacy.”

List the practical technique questions to take to supervised training.

“I will bring questions about site selection and technique to supervised training.”

Explain the planned record and reassessment after care.

“I will record the care and identify what needs monitoring afterwards.”

Check your explanation

• Explain how you will confirm identity, allergy status and the current prescription.

• Talk through a calculation with its units and the required checks.

• Explain the medicine in plain English and describe what you will document and reassess.

Watch for these omissions

• Continuing with an unclear or incomplete prescription.

• Relying on a bed number as patient identification.

• Saying a medicine was given before completing the checks.

Connect it to a scenario

Rehearse reading a supplied medication record, discussing an allergy discrepancy or explaining an injection. Use only the fictional order provided; these guides do not supply a dose or authorise treatment.

Repeat with a different fictional situation to check that your explanation responds to the task rather than a memorised script. Review the current ACSQHC Communicating for Safety Standard and RN Standards for Practice alongside supervised skills training.