

# Self-administering a vitamin B12 injection – Training Record

## Patient Training Needs

Patient must successfully complete face-to-face training in:

- Medication storage, preparation and injection technique
- Safe handling and disposal of sharps
- Recognition of serious complications e.g. anaphylaxis and what to do (call 999)
- Recognition of minor complications e.g. injection site reaction, missed or incorrect dose, accidental needle stick injury and what to do (contact surgery or 111)

Please contact the surgery via our medical triage system or on 01753 643195 if:

- You have any concerns following your injection
- You wish to revert to receiving the injections at the surgery at any point
- You feel you need a refresher session on how to inject

Please be aware that the right to self-inject may be withdrawn if at any stage there are any concerns that the proper technique is not being followed, there are new medical conditions that increase injection risk or the policy is revoked due to NHS or practice policy changes on best practice.

## TRAINING SIGN OFF

Clinician completing training:

Name: ..... Role: ..... Signature: .....

Patient name: .....

Patient signature indicating agreement to policy: .....

Date:.....

## SELF INJECTION RECORD

DATE	TIME	INJECTION SITE	VIAL BATCH NUMBER	VIAL EXPIRY DATE	COMMENTS