

GLENOHUMERAL JOINT INJECTION

PROCEDURE:

- 1) A glenohumeral joint steroid injection
- 2) Fluoroscopic needle guidance

REASON FOR PROCEDURE: B

PHYSICIAN:

MEDICATIONS INJECTED: 1 mL of Kenalog (40 mg) and 3 mL of 1% lidocaine per side

LOCAL ANESTHETIC INJECTED: 4 mL of 1% lidocaine

SEDATION MEDICATIONS: None

ESTIMATED BLOOD LOSS: None

COMPLICATIONS: None

TECHNIQUE: Time-out was taken to identify the correct patient, procedure and side prior to starting the procedure. While lying in the supine position, the patient was prepped and draped in the usual sterile fashion using DuraPrep and a fenestrated drape. The target site was determined under fluoroscopy. Local anesthetic was given by raising a skin wheal and going down to the hub of a 27-gauge 1.25-inch needle. A 22-gauge, 3.5-inch Quincke needle was advanced under intermittent fluoroscopy. When the tip of the needle was thought to be in the appropriate position along the upper outer humeral head, aspiration was attempted to check for intravascular placement. Omnipaque 240 was then injected to confirm intraarticular spread, as well as showing no vascular runoff. Medication was then injected slowly.

The procedure was completed without complications and was tolerated well. The patient was monitored after the procedure. The patient (or responsible party) was given post-procedure and discharge instructions to follow at home. The patient was discharged in stable condition. A follow-up appointment was made.

Pre-procedure pain score: 9/10

Post-procedure pain score: 0/10

Notes: Talk about relief since last injection, or any interim

events if you haven't seen them in clinic since the last injection, or improved function examples. Maybe mention a particular positioning change for that patient or that they were especially sensitive to the lidocaine sticks. Add anything that will help you on your next injection.