

ORTH536 – Clinical Skill Station – 25.5.2017

Knee Aspiration

Student's Name: Student's Acad. Number:

- This is a station on clinical skill: Knee aspiration

Item	Procedure	Weight	Marks
Indication Ask student	• Diagnostic: arthritis, septic	1	
	• Therapeutic: reducing massive effusion	1	
Contraindications Ask student	• Cellulitis over injection site	1	
	• Broken skin over injection site / psoriasis.....etc.	1	
	• Uncontrolled anticoagulation therapy / or sever coagulopathy	1	
	• Joint prosthesis / or just before planned knee arthroplasty	1	
Introducing	• Informing patient of the procedure - benefits	1	
	• Explaining the procedure	1	
	• Explain risks: Mild pain / Infection (1:10,000) / Bleeding	1	
	• Obtain consent / explain alternatives	1	
Preparation / position Ask student	Patient in supine position	1	
	Knee straight – slightly flexed (15-20°) on small support	1	
Antiseptic technique	• Using gloves	1	
	• Cleaning with antiseptic lotion or Betadine / alcohol	1	
	○ Starting in center with circles enlarging to periphery	1	
	○ Not coming back from periphery to center	1	
Aspiration	• Site: Lateral midpatellar or / Superiolateral patellar	1	
	• Needle entry: Perpendicular to femur, parallel to ground	1	
	• Needle size: 18G / 20G	1	
	• Aspiration / keep needle and change syringe if full	1	
	• Gently compressing suprapatellar region with the other hand	1	
	• Apply band aid	1	
	• Handling / disposal: No recapping - Disposal in sharp disposal box	1	
	• Alcohol swab disposal in trash - not in sharp disposal box	1	
Post procedure instructions	• Rest the knee, no heavy activity for 2-3 days	1	
	• Call immediately for any fever, chills, or redness of the knee	1	
	• Call if discomfort of the injection does not resolve within 72 hours	1	
Overall	• Attitude with patient	1	
Total Marks		28 (22)	

Name of Examiner: Signature: