

## External Jugular Insertion Skill Sheet

Student: \_\_\_\_\_

Level: \_\_\_\_\_ Date: \_\_\_\_\_

Evaluator: \_\_\_\_\_

Pass/Fail: \_\_\_\_\_

Pass/Fail

**1. Don appropriate standard precaution**

\_\_\_\_\_

**2. Assemble needed equipment**

\_\_\_\_\_

**3. Technique**

**Place patient supine(1)**

Is c-spine precautions indicated?

If **yes**: stabilizes c-spine

If **no**: turns patient's head

slightly to the opposite side

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Align the tip of the needle/catheter in the direction  
of the nipple on the same side**

\_\_\_\_\_

**Apply light pressure in the inferior aspect of the vein (2)**

\_\_\_\_\_

**Insert the needle and enter the vein (3)**

\_\_\_\_\_

**Note blood return and advance catheter**

\_\_\_\_\_

**Withdraw needle and attach tubing**

\_\_\_\_\_

**Cover site with sterile dressing**

\_\_\_\_\_

(1) Trendelenburg is an ideal position. This position is not mandatory, yet will help distend the external jugular vein and decrease the likelihood of introducing air into the vein.

(2) Light pressure below the vein will help distend the vein. This can be done by an assistant.

(3) Assures that air does not enter the vein