

YEAR:

DATE DUE

DATE GIVEN

July

August

September

October

November

December

For more information on ARF / RHD please contact your local health practice, or go to [www.RHDAustralia.org.au](http://www.RHDAustralia.org.au)

Queensland  
Government



# MY BICILLIN PLAN

## WHICH WAY? SHOW ME YOUR WAY!

Name: ..... / ..... / ..... DOB: ..... / ..... / .....

Primary Provider: .....

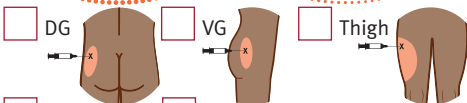
LA Bicillin (1.2mu) ≥20kg  LA Bicillin (600,000u) <20kg

Bicillin Cycle:  21 Days  28 Days

RHD:  None  Mild  Moderate  Severe

# GAME PLAN

## INJECTION SITE:



## POSITION:

Lying down     Standing  
 Sitting     Leaning

## THERAPY:

Buzzy Bee     Numbing Cream     Ice Pack  
 Shot Blocker     Wriggle Toes     Entonox  
 Other .....

## DISTRACTION:

Electronic Device     Jokes     Talking  
 Quiet     Distraction Box     Deep Breathing

## BEFORE:

1, 2, 3     Says 'go'     Other.....

## AFTER:

Warm Pack     Ice Pack     Pain Medicine  
 Rest Up     Walk It Off

## TOP TIPS FOR INJECTORS

1. BE NICE. Listen to your patient.
2. Make sure medicine is warm (hold in your hand until it is room temperature)
3. Give it slowly or it really hurts (Count to 120, or give over 2- 3 minutes)
4. Allow time to give the injection, help the patient feel safe so they want to come back.

YEAR:

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January .....

February .....

March .....

April .....

May .....

June .....

### Specifications for Printing:

Printed full colour both sides on 300gsm White Laser Un-coated.

Scored twice horizontally and supplied flat.

Flat size 163 x 90mm.

Folds to 55 x 90mm.