

Form 2 – Injection logbook

For GPs seeking accreditation as GPwER in Musculoskeletal Medicine with the Faculty of Sports and Exercise Medicine

Following the capabilities in practice for an aspiring GPwER in musculoskeletal medicine (specifically Capability 2.11), you are required to submit a contemporaneous record of joint and soft tissue injections.

Candidates are expected to be confident in administering a range of injections, covering a wide range of targets, following best practice. These should include

- Large joint injections: Knee/shoulder
- Medium joint injections: Wrist, elbow, and ankle
- Small joint injections: MCPJ, MTPJ, PIPJ
- Soft tissue injections: Bursa, tendon sheath, plantar fascia, epicondylitis, carpal tunnel

Whilst there is no specific number of injections that would suggest competence, it is expected that multiple examples of the most common injection targets will be demonstrated. A sample logbook is included below.

This may form the basis for the formal audit, and this must be further supported by evidence in the form of multiple Direct Observed Practice forms (see Form 3) to evidence of appropriate technique.

It is suggested that this is discussed as part of the supervision process and that a summary of this discussion is captured below

All clinical supervisors* assessing the candidate must add their personal details below.

	Print name	Job title	Main place of work	GMC no. (or equivalent)	Signature
Clinical Supervisor 1	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	

Supervisor/Candidate comments

Patient ID	Indication	Depo-medrone?	Quantity?	Site?	Lidocaine?	Quantity?	Date Injected	Follow up date	Days to follow up	Outcome?	Other
xxxxxx	OA Knee	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		100% better	
xxxxxx	OA Knee	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		90% better	
xxxxxx	OA Knee	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	OA L 1st MCPJ	Yes	0.8ml of 40mg/ml	L 1st MCPJ	No		xxxxxx				
xxxxxx	Lateral Epicondylitis	Yes	40mg/ml	L LE	Yes	20mg/2ml	xxxxxx			100better then recured when wrenched arm 3m later	
xxxxxx	OA Knee	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	OA L ACJ	Yes	40mg/ml	L ACJ	Yes	20mg/2ml	xxxxxx	xxxxxx		helped intl then stopped working	
xxxxxx	OA base L Thumb	Yes	40mg/ml	L 1st MCPJ	Yes		xxxxxx	xxxxxx		97% better	
xxxxxx	OA R Knee	Yes	40mg/ml	R Knee	No	20mg/2ml	xxxxxx				
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx				
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		80-90% better	
xxxxxx	OA R Knee	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		20% better	
xxxxxx	Carpal Tunnel Syndrome	Yes	0.8ml of 40mg/ml	L Carpal Tunnel	No		xxxxxx				
xxxxxx	R Lateral Epicondylitis	Yes	1ml lido/depo mix	R Lat epicondyl	No		xxxxxx	xxxxxx		90% better	
xxxxxx	Trigger finger	Yes	40mg/ml	R ring/middle finger	Yes	20mg/2ml	xxxxxx	xxxxxx		100% better	
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		75% better	
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Frozen Shoulder	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		10% better	
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		no better	
xxxxxx	Knee arthritis	Yes	40mg/ml	L&R Knees	Yes	20mg/2ml	xxxxxx	xxxxxx		made big difference 80% until christmas	
xxxxxx	Knee inflammation	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				40ml aspirated
xxxxxx	Knee arthritis	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx				
xxxxxx	R Trochanteric bursitis	Yes	40mg/ml	R TB	Yes	20mg/2ml	xxxxxx				
xxxxxx	blateral carpal tunnel syndrome	Yes	0.8ml of 40mg/ml	L Carpal Tunnel	No		xxxxxx	xxxxxx		initially helped then back to same	
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		100% better	
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		50% - better rom and pain but still twinges	
xxxxxx	R Lateral Epicondylitis	Yes	40mg/ml mix prep	R LE	Yes	20mg mix	xxxxxx	xxxxxx		95% better	
xxxxxx	R Frozen Shoulder	Yes	40mg/ml	R GHJ	Yes	20mg/2ml	xxxxxx	xxxxxx		90% better	
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		30% better - initially 100%	
xxxxxx	R 4th Trigger finger	Yes	0.5 of 40mg/ml	R flex tendon	Yes	20mg/2ml	xxxxxx	xxxxxx		50% better	
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		80-90% better	
xxxxxx	R Trochanteric bursitis	Yes	40mg/ml	R TB	Yes	20mg/2ml	xxxxxx				
xxxxxx	Trigger finger	Yes	40mg/ml	tendon sheath	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Lateral Epicondylitis	Yes	40mg/ml with lido	L LE			xxxxxx	xxxxxx		95% better	
xxxxxx	R Trochanteric bursitis	Yes	40mg/ml	R TB	No		xxxxxx				
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		no better	
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		pain 100% better rom 50-60% better	
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		90% better	
xxxxxx	R Knee OA	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		50% better	
xxxxxx	L Lateral Epicondylitis	Yes	lido/depo mix 40mg	L LE			xxxxxx				
xxxxxx	OA L 1st MCPJ	Yes	0.8ml 40mg/ml	L Thumb	No		xxxxxx	xxxxxx		80% better	
xxxxxx	L Carpal Tunnel Syndrome	Yes	40mg/ml	L CT	No		xxxxxx	xxxxxx		80% better	
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		70% - rom much better but still pain at times	
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx				
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		initially full recovery then 50%	
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Knee inflammation	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		95% recovered	
xxxxxx	R Knee OA	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		100% better	
xxxxxx	R Lateral Epicondylitis	Yes	40mg/ml mix prep	R LE			xxxxxx	xxxxxx		100% better	
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Frozen Shoulder	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		70% better	
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Base thumb OA	Yes	40mg/lido mix	L Thumb			xxxxxx				
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx				
xxxxxx	Gout - R Knee	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Thumb pipj	Yes	1ml of mix	L PIPJ	Yes	1ml of mix	xxxxxx	xxxxxx		100% better	
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		no better	
xxxxxx	Gout L Knee	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	OA L Knee	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		60% better - content with outcome	
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Trochanteric Bursitis	Yes	40mg/ml	L Troch Bursa	Yes	20mg/2ml	xxxxxx	xxxxxx		100% better	
xxxxxx	R Carpal Tunnel Syndrome	Yes	40mg/ml	R Carpal Tunnel			xxxxxx	xxxxxx		30% better- less p[ain at night	
xxxxxx	OA Knee	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Shoulder capsulitis	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx				
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		helped first week then back to bad	
xxxxxx	R Knee OA	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	R Lateral Epicondylitis	Yes	40mg depo/lido mix/ml	R LE	Yes		xxxxxx				
xxxxxx	R Knee OA (?psoriatic)	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		no help	
xxxxxx	R Knee OA	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	R Planter Fascia	Yes	40mg/ml with lido	R PF			xxxxxx				
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		15-50%	
xxxxxx	R Knee OA	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	R & L Knee OA	Yes	2x40mg/ml	R & L Knee	Yes	2x20mg/2ml	xxxxxx				
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	Trigger finger	Yes	40mg/ml	L middle finger mcpj			xxxxxx				
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		95% better	
xxxxxx	L Knee ?Gout	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		100% better and crystals show pseudogout	
xxxxxx	R Carpal Tunnel Syndrome	Yes	0.5ml of 40mg/ml	R Carpal Tunnel			xxxxxx				
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx				
xxxxxx	R Knee arthritis	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		85% better - walking v well	
xxxxxx	R Knee arthritis	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		90% better	
xxxxxx	Carpal Tunnel Syndrome	Yes	40mg/ml	L CT	No		xxxxxx				
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx	xxxxxx		no better	
xxxxxx	L Knee arthritis	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		100% better	
xxxxxx	R Knee arthritis	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	L 1st mcpj OA	Yes	40mg/ml with lido	L 1st mcpj	yes	mix	xxxxxx				
xxxxxx	R Knee arthritis	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx	xxxxxx		90% better	
xxxxxx	R Knee arthritis	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx				20ml straw coloured fluid aspirated
xxxxxx	R Lateral Epicondylitis	Yes	40mg/ml with lido	R LE	Yes	mix	xxxxxx				
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx				
xxxxxx	L De Quervains tenosynovitis	Yes	40mg/ml mix prep	tendon sheath			xxxxxx				
xxxxxx	R Shoulder capsulitis	Yes	40mg/ml	R GHJ	Yes	20mg/2ml	xxxxxx				
xxxxxx	R 2nd MCPJ OA	Yes	0.5ml of 40mg/ml mix	R 2nd MCPJ	Yes	mix	xxxxxx				
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Medial Epicondylitis	Yes	40mg/ml mix prep	L ME	Yes		xxxxxx				