

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.

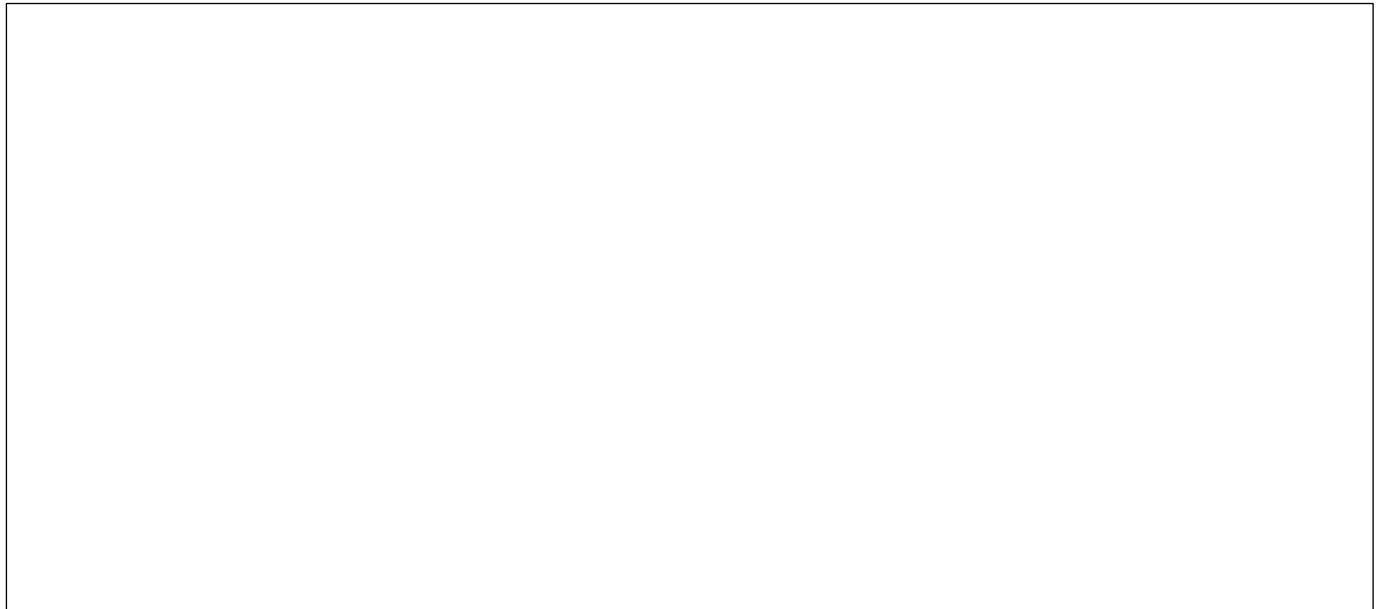
This may form the basis for the formal audit, and this must be further supported by evidence in the form of multiple Direct Observed Practice forms (see Form 3) to evidence of appropriate technique.

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.				

Supervisor/Candidate comments

A large, empty rectangular box with a thin black border, intended for handwritten or typed comments from a supervisor or candidate.

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				100% better then recurred when wrenched arm 3m later	
xxxxxx	Lateral Epicondylitis	Yes	40mg/ml	L LE	Yes	20mg/2ml	xxxxxx				
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 init then stopped working	
xxxxxx	OA L L Thmb	Yes	40mg/ml	L L 1st MCPJ	No	xxxxxx	xxxxxx	xxxxxx		97% better	
xxxxxx	OA R Knee	Yes	40mg/ml	R Knee	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			80-90% better	
xxxxxx	OA R Knee	Yes	40mg/ml	R Knee	Yes	20mg/2ml	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/depof mix	R Lat epicondyl	No	xxxxxx				90% better	
xxxxxx	Trigger finger	Yes	40mg/ml	R ring/middle finger	Yes	20mg/2ml	xxxxxx			100% better	
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx			75% better	
xxxxxx	LW pain	Yes	40mg/ml	L knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Frozen Shoulder	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx			10% better	
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx			no better	
xxxxxx	Knee arthritis	Yes	40mg/ml	L&R Knees	Yes	20mg/2ml	xxxxxx			made big difference 80% until christmas	
xxxxxx	Knee inflammation	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				
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	bilateral carpal tunnel syndrome	Yes	0.8ml of 40mg/ml	L Carpal Tunnel	No	xxxxxx				initially helped then back to same	
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx			100% better	
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx			50% - better rom and pain but still twinges	
xxxxxx	R Lateral Epicondylitis	Yes	40mg/ml mix prep	R LE	Yes	20mg mix	xxxxxx			95% better	
xxxxxx	R Frozen Shoulder	Yes	40mg/ml	R GH	Yes	20mg/2ml	xxxxxx			90% better	
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx			30% better - initially 100%	
xxxxxx	R 4th Trigger finger	Yes	0.5 of 40mg/ml	R flex tendon	Yes	20mg/2ml	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	R Trochanteric bursitis	Yes	40mg/ml	R TB	Yes	20mg/2ml	xxxxxx			80-90% better	
xxxxxx	Trigger finger	Yes	40mg/ml	ring/middle sheath	Yes	20mg/2ml	xxxxxx				
xxxxxx	L Lateral Epicondylitis	Yes	40mg/ml with lido	L LE	No	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			no better	
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx			pain 100% better rom 50-60% better	
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	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	L Lateral Epicondylitis	Yes	lido/depof mix 40mg	L LE	Yes	xxxxxx				50% better	
xxxxxx	OA L 1st MCPJ	Yes	0.6ml 40mg/ml	L 1st MCPJ	No	xxxxxx				80% better	
xxxxxx	L Carpalt Tunnel Syndrome	Yes	40mg/ml	L CT	No	xxxxxx				80% better	
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	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	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			initially full recovery then 50%	
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	R Knee OA	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx			95% recovered	
xxxxxx	R Lateral Epicondylitis	Yes	40mg/ml mix prep	R LE	Yes	20mg/2ml	xxxxxx			100% better	
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx			100% better	
xxxxxx	L Frozen Shoulder	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	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	Yes	20mg/2ml	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 pipi	Yes	1ml of mix	L PIPJ	Yes	1ml of mix	xxxxxx			100% better	
xxxxxx	L Shoulder impingement	Yes	40mg/ml	L SA Space	Yes	20mg/2ml	xxxxxx			no better	
xxxxxx	Gout L Knee	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	R L Knee	Yes	40mg/ml	R Knee	Yes	20mg/2ml	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			100% better	
xxxxxx	R Carpal Tunnel Syndrome	Yes	40mg/ml	R Carpal Tunnel	Yes	20mg/2ml	xxxxxx			30% better- less pain 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	R Knee OA	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx			helped first week then back to bad	
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	R Knee OA	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	R Plantar Fascia	Yes	40mg/ml with lido	R PF	Yes	xxxxxx					
xxxxxx	R Shoulder impingement	Yes	40mg/ml	R SA Space	Yes	20mg/2ml	xxxxxx			15-50%	
xxxxxx	R Knee OA	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	R & L Knee OA	Yes	40mg/ml	R & L Knee	Yes	2x20mg/2ml	xxxxxx				
xxxxxx	Trigger finger	Yes	40mg/ml	middle finger mcpj	Yes	xxxxxx					
xxxxxx	L Knee OA	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx			95% better	
xxxxxx	L Knee "Gout	Yes	40mg/ml	L Knee	Yes	20mg/2ml	xxxxxx			100% better and crystals show pseudogout	
xxxxxx	R Carpal Tunnel Syndrome	Yes	0.5ml of 40mg/ml	R Carpal Tunnel	Yes	20mg/2ml	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			85% better - walking v well	
xxxxxx	R Knee arthritis	Yes	40mg/ml	R Knee	Yes	20mg/2ml	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	Ls knee arthrits	Yes	40mg/ml	L knee	Yes	20mg/2ml	xxxxxx			no better	
xxxxxx	R Knee arthritis	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx			100% better	
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			90% better	
xxxxxx	R Knee arthritis	Yes	40mg/ml	R Knee	Yes	20mg/2ml	xxxxxx				
xxxxxx	R Lateral Epicondylitis	Yes	40mg/ml with lido	R LE	Yes	mix	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 open	L MF	Yes	xxxxxx					20ml straw coloured fluid aspirated
xxxxxx	L De Quervain tenosynovitis	Yes	40mg/ml mix prep	tendon sheath	Yes	xxxxxx					
xxxxxx	R Shoulder capsulitis	Yes	40mg/ml	R GH	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				