

Canadian Physiotherapy Association Needling Safety Checklist

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Before Needling

- Patient is an appropriate candidate**
- Discuss with patient:**
 - Benefits and risks of needling*
 - Management of possible complications*
 - Key safety messages*
- Obtain informed consent**
- Therapist cleans hands**
 - (and dons personal protective gear as needed)*
- Position patient appropriately**
- Needle selection**
 - Single use, sterile, disposable needles selected*
 - Appropriately sized needles selected for the area*
- “Do you have any other questions or concerns before proceeding?”**

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During Needling

- Needling**
 - Clean needling technique used*
 - Correctly located*
 - Penetrate appropriate angle and depth*
 - Number of needles counted*
- Re-evaluate patient**
 - For continued comfort, safety, consent*
- Review with patient:**
 - Responses to treatment*
 - Key safety messages*
- Patient communication**
 - Able to communicate safely with therapist throughout treatment*

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After Needling

- Therapist cleans hands**
 - (and dons personal protective gear as needed)*
- Needle disposal**
 - Number of needles removed matches initial count*
 - Appropriately marked and maintained sharps container used*
- Monitor and document patient response to treatment**
- Discuss post-care management**
 - Including identified complications*
- Review therapist contact information with patient**
 - Including appropriate patient follow-up options*
- Documentation**
 - In compliance with appropriate regulations*

Patient Identification:

Date: _____

Therapist Signature: _____

THIS CHECKLIST IS NOT INTENDED TO BE A COMPREHENSIVE FORMAL GUIDELINE. ADDITIONS AND MODIFICATIONS TO FIT LOCAL ENVIRONMENT AND PRACTICE STANDARDS ARE ENCOURAGED.



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