

Module 5: Midline Catheter Insertion

Worksheet - Practice Activities

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Completion education. No accredited nursing contact hours awarded.

Name: _____

Date: _____

How to use this worksheet. These are hands-on practice activities, not the post-test. Work through them using the study guide: define the terms you'll use at the bedside, work the case, and self-rate the actual steps of the skill.

Part 1 — Key Terms

Fill in a plain-language definition for each term the way you would explain it to a new colleague.

Term	Your definition
What it is	
Apply tourniquet; perform ultrasound assessment	
Measure arm	
Action	
Prevention	

Part 2 — Applied Case Work

Scenario. You are caring for a patient whose plan of care directly involves **Module 5: Midline Catheter Insertion**. Working from this module's content, document (a) your initial assessment, (b) the technique or decision you would choose and the rationale, (c) the complications you are watching for, and (d) the key documentation points. Reference the lesson sections that informed your reasoning.

Part 3 — Skills & Decision Self-Check

For each action from this module, mark how confident you are. Anything you mark “Review” is where to focus before the post-test and at the bedside.

#	Key action / decision	Got it	Review
1	Define midline catheters and differentiate them from PIVs and PICCs		
2	Apply MAGIC criteria to determine when a midline is the most appropriate device		
3	Identify clinical indications, contraindications, and medication compatibility for midlines		
4	Identify the relevant vascular anatomy of the upper arm for midline insertion		
5	Compare and contrast the AST and MST insertion techniques		
6	Execute midline insertion using ultrasound guidance		
7	Perform post-insertion care, maintenance, and documentation per INS Standards		
8	Recognize and manage midline-specific complications		
9	Perform hand hygiene		
10	Position patient — supine, arm abducted 90°		
11	Apply tourniquet; perform ultrasound assessment — select optimal vessel; ensure catheter-to-vein ratio $\leq 45\%$		
12	Measure arm — from insertion site to axilla; this determines catheter length		
13	Apply sterile drape; don mask, cap, sterile gloves		
14	Prep insertion site — CHG friction scrub; allow to dry completely (minimum 30 seconds)		

Part 4 — Notes & Questions for Your Educator

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