

## Procedures, Training, and Skill Checklists

### **Blood Glucose Monitoring**

#### **A. General Guidelines**

1. One of the key components of diabetes management is checking blood glucose levels, preferably at regularly scheduled times throughout the day.
2. Blood glucose levels are checked by inserting a small drop of blood, most commonly from a pricked fingertip, on a test strip into a small portable digital device that reveals the blood glucose level.
3. Special meters are also available that allow blood samples from the forearm or other alternative testing sites.
4. Some devices provide continuous blood glucose monitoring using a special sensor that measures interstitial (found in the fluid between the cells) glucose levels.
5. Sharps and other contaminated waste material should be disposed of according to Universal Precautions. Sharp objects (needles and lancets) should be placed in a puncture resistant container, i.e. heavy-duty plastic or metal container.

#### **B. Purpose**

- Close monitoring of the blood glucose levels is essential in maintaining stable blood glucose levels and reducing the risk of either hypo or hyperglycemia.

#### **C. When to Test Blood Glucose Levels**

- In the school setting, times to check blood glucose levels are established by the authorized prescriber and included in the Diabetes Management Plan and may include before and / or after meals, snacks, exercise, and whenever the student presents with or is suspected to have symptoms of hypoglycemia or hyperglycemia.

#### **D. What to do with Test Results**

- Follow instructions in the student's DMMP to address results.

#### **E. Equipment/Supplies**

1. Soap, water, and paper towels or alcohol swabs
2. Disposable gloves
3. Student's personal blood glucose meter
4. Lancets
5. Test strips
6. Sharps container
7. Gauze

## PROCEDURE FOR BLOOD GLUCOSE MONITORING

Essential Steps	Key Points and Precautions
<ol style="list-style-type: none"> <li>1. Preparation               <ol style="list-style-type: none"> <li>a) Gather supplies</li> <li>b) Soap, water, and paper towels, or alcohol swabs</li> <li>c) Gloves</li> <li>d) Student’s personal blood glucose meter Lancets</li> <li>e) Test strips</li> <li>f) Sharps container</li> <li>g) Gauze</li> </ol> </li> </ol>	<p>Ensures smooth procedure, saves time. If preferred, parent may provide alcohol swabs.</p> <p>To reduce risk of cross-contamination.</p>
<ol style="list-style-type: none"> <li>2. Procedure               <ol style="list-style-type: none"> <li>a) Wash hands and don gloves (not necessary if student performs procedure independently).</li> <li>b) Explain the procedure to the student.</li> <li>c) Turn meter on:                   <ol style="list-style-type: none"> <li>1) Press on/off button or insert test strip</li> </ol> </li> <li>d) Match code numbers if indicated:                   <ol style="list-style-type: none"> <li>1) If code number on display matches code number on test strip vial, begin testing. If codes do not match, have student change code, or call parent.</li> </ol> </li> <li>e) Insert test strip into meter (if not already done above)</li> <li>f) Have student clean test site (fingertip, forearm, or other test site) with soap &amp; water or wipe area with alcohol swab.</li> <li>g) Wait until site is dry. Then using lancet, obtain blood sample.</li> <li>h) Apply sample of blood to test strip. Remember: no wiping.</li> <li>i) Wait for results to display on meter.</li> <li>j) Have student wash hands again and wipe site with alcohol swab.</li> <li>k) Proceed according to DMMP.</li> <li>l) Document results on student’s log.</li> </ol> </li> </ol>	<p>Universal precautions – reduces risk of disease transmission</p> <p>Encourages cooperation.</p> <p>Follow instructions on specific meter.</p> <p>Not done with all meters.</p> <p>To obtain clean sample. If parent prefers, they may provide alcohol swabs.</p> <p>Wiping may contaminate sample. Time to process sample varies for each meter.</p>

**Blood Glucose Monitoring Skills Checklist** [ ] Initial [ ] Annual Review

Student's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Person Trained: \_\_\_\_\_ Position: \_\_\_\_\_

	Demo Date	Return Demonstration					
		Date	Date	Date	Date	Date	Date
<b>A. Preparation</b>							
1. States purpose of blood glucose checks.							
2. List supplies needed for blood glucose checks. a. Soap, water, and paper towels, or alcohol swabs b. Gloves c. Student's personal blood glucose meter d. Lancets e. Test strips f. Sharps container g. Gauze							
3. Able to verbalize when blood glucose checks are to be performed by the student. a. Before lunch time b. As needed for symptoms of hypoglycemia or hyperglycemia.							
<b>B. Directions for performing blood glucose checks.</b>							
1. Washes hands and don gloves							
2. Turns meter on: a. Press on/off button or insert test strip							
3. Matches code numbers if indicated: a. If code number on display matches code number on test strip vial, begin testing. If codes do not match, have student change code, or call parent.							
4. Inserts test strip into meter (if not already done above)							
5. Has student clean test site (fingertip, forearm, or other test site) with soap & water or wipe area with alcohol swab.							
6. Waits until site is dry. Then using lancet, obtain blood sample.							
7. Applies sample of blood to test strip. Remember: no wiping.							
8. Waits for results to display on meter.							
9. Haves student wash hands again and wipe site with alcohol swab.							

