Blood Glucose Monitoring



NURSE DELEGATION: INSTRUCTIONS FOR GENERAL NURSING TASK

General delegated tasks are those tasks that the Nurse identifies as general in nature and once learned can be performed for all residents. The Caregiver to whom the task is delegated must demonstrate ability to perform the task as instructed by the Nurse. By signing this delegation form, the Caregiver being delegated agrees to perform the task as taught. The nurse will review Caregiver performance annually or as needed to assure continued competency in performance of the task.

General Task: BLOOD GLUCOSE MONITORING

Supplies Needed

- 1. Glucose Monitoring Meter (Each resident should have own meter, test strips and lancets. House Meters and test supplies should only be used in an emergency.)
- 2. Test Strips
- 3. Lancets
- 4. Lancet Pen or other blood sampler device
- 5. Cotton ball or gauze pad
- 6. Soap and water, washcloth, and towel (May use Alcohol swab, but soap and water are preferred.)
- 7. Disposable non-sterile gloves
- 8. Sharps container (should be kept in resident's apartment unless resident is confused and could injure self by getting into the sharps container)
- 9. Impermeable plastic trash bag
- 10. Handwashing solution

Procedures/Steps to Follow to Perform the Task

- 1. Explain the procedure to the resident.
- 2. Assemble the supplies and equipment at a convenient work area.
- 3. Instruct the resident to wash his/her hands with soap and warm water and dry thoroughly before finger stick. (If using an alcohol swab when cleansing skin, let the area dry before obtaining the blood sample.)
- 4. Put on nonsterile gloves.
- 5. Remove the test strip from the vial or foil package.
- 6. Turn on Glucose Monitoring Meter.
- 7. Obtain a blood sample by pressing the loaded lancet device firmly against the side of the fingertip (the harder you press, the deeper the puncture). Press the release button.
- 8. Squeeze the finger (do not milk it) to get a large, hanging drop of blood.
- 9. Hold the test strip under the finger and touch the drop of blood to the test square.
- 10. Slide the test strip into the Glucose Monitoring Meter slot. (Most meters will give a reading in 30 60 seconds.)
- 11. Use cotton ball or gauze pad to apply pressure to the puncture site until bleeding stops.
- 12. Read the Blood Glucose level on meter and document in MAR.
- 13. Remove test strip and dispose and discard with gloves into impermeable trash bag.
- 14. Remove lancet from holder and dispose of in sharps container.
- 15. Use hand-washing solution to wash hands.

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Outcomes

- 1. Will obtain an accurate, objective blood glucose reading.
- 2. Bleeding from puncture site will stop within 60 seconds. If it does not, notify Nurse.
- 3. Infection of puncture sites will be avoided. If any signs of infection, notify Nurse.

Potential Risks/Side Effects and Appropriate Actions to Deal with them (include what to observe for and report, what to do, and whom to contact

- 1. Rotate puncture sites to avoid excess trauma to fingertips. If resident experiences any unusual pain or swelling of fingers, notify Nurse.
- 2. Meters can become inaccurate. To avoid this, do the following: (a) Calibrate the resident's meter once weekly and each time a new set of test strips is started. Document that calibration has been completed on form kept in resident's apartment. House Glucose Monitoring Meters should also be calibrated weekly and with change in test strips and a record kept in the medication room of calibrations.
- 3. Test results less than 60 indicate hypoglycemia. Results greater than 240 indicate hyperglycemia. If resident's results outside these parameters, notify Nurse/MD.

The signs and symptoms of hypoglycemia may develop rapidly and include cool or moist skin, tremors, or seizures, sweating, bounding pulse, personality change, anxiety, hunger, confusion, nausea and vomiting, and stupor or coma. If any of these occur, notify the Nurse immediately.

The signs and symptoms of hyperglycemia include increased thirst, increased urination, fruity or almond-smelling breath, abdominal pains, weakness, deep breathing, loss of appetite, nausea and vomiting. If any of these occur, notify the Nurse immediately.

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Signature of CAREGIVER	Signature of Delegating Nurse	Delegation Competency Review Date
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