



HEALTH HOLDING

HAFER ALBATIN HEALTH
CLUSTER
MATERNITY AND
CHILDREN HOSPITAL

Department:	Nursing		
Document:	Internal Policy and Procedure		
Title:	Blood Glucose Monitoring		
Applies To:	Nursing Staff		
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1. PURPOSE:

- 1.1 To evaluate effectiveness of medications.
- 1.2 To assess glucose excursion after meals.
- 1.3 To determine glucose response to exercise regimen.
- 1.4 To evaluate episodes of hyperglycemia and hypoglycemia in order to determine appropriate treatment.

2. DEFINITIONS:

- 2.1 Blood glucose monitoring allows determination of capillary blood glucose level by a prick made to a finger, to assist in the control and daily management of diabetes mellitus.

3. POLICY:

- 3.1 A written order must be given by the physician.
- 3.2 The procedure must be done by a qualified nurse.
- 3.3 Standard precaution must be applied. Blood contaminated items should be disposed according to infection control policy.
- 3.4 Meter calibration of the glucometer must be verified before use.
- 3.5 If alcohol is used to cleanse the finger, the first drop of blood must be discarded.
- 3.6 Sharps and needles must be disposed in a puncture-resistant sharp's container.

4. PROCEDURE:

- 4.1 Wash hands.
- 4.2 Assemble equipment.
- 4.3 Explain procedure.
- 4.4 Wipe the finger to be lanced with alcohol swab. Dry thoroughly.
- 4.5 Don disposable gloves.
- 4.6 Turn on the glucometer; validate proper calibration with the strips to be used.
- 4.7 Check for the meter's readiness for testing blood glucose.
- 4.8 Prick the patient's finger lateral to the fingertip using lancet.
- 4.9 Apply the blood carefully to the strip test area.
 - 4.9.1 No-wipe system: the blood remains on the strip as the meter times and process the results.
 - 4.9.2 Meters with a "wipe" system require that the blood be wiped off from the test ball at the appropriate end time (usually 60 seconds). The strip is inserted into the meter for the final reading.
- 4.10 Document reading and patient response to procedure.

5. MATERIAL AND EQUIPMENT:

- 5.1 Glucometer
- 5.2 Test Strip

- 5.3 Lancet / lancing device
- 5.4 Alcohol swab
- 5.5 Disposable gloves
- 5.6 2 x 2 gauze
- 5.7 Cotton ball

6. RESPONSIBILITIES:

- 6.1 Nurse






7. APPENDICES:

N/A

8. REFERENCES:

- 8.1 MOH General Nursing Administration, Functions and Duties Policies and Procedures

9. APPROVALS:

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