Diabetes Care in the Community for Support Workers: Blood Glucose Monitoring (BGM) Procedure/Audit tool

The Diabetes Care in the Community for Support Workers course teaches support workers how to support people with a disability and diabetes. Module 2 of the course is on blood glucose monitoring. It is important for a support worker to be able to accurately and safely check the blood glucose level when caring for a person with diabetes.
To learn how to use the meter, **click on the link** you were provided with earlier in the lesson and watch the training video. Then read through the procedure below and **use the meter and quality control solution provided to practice the recommended technique.** This will help you to achieve an accurate technique, while also **preparing you for the evaluation** component of this Module where Jayne Lehmann RN CDE will check your blood glucose monitoring technique during an Internet video-linked session. Your organisation will tell you the date, time and venue for the session.

Procedure: How to use a blood glucose meter

Type of meter: _____

Name of your organisation:	Your name:
Name of the service in which you work:	Today's date:

Step	Description	√ Done
1. Gather equipment	Meter, bottle of strips, finger pricker safe for support worker to use, gloves, cotton wool ball, quality control solution, sharps container, chart/logbook/BGM order, pen, damp flannel or hand washing facilities, sharps disposal unit. Medication chart if to give insulin.	
2. Prepare equipment	Wash your hands. Put gloves on. Wash/wipe the client's hands. Get strip and put strip in meter – If from a bottle, close the lid as soon as strip is removed from the bottle. Get the finger pricking device ready to use. (See later procedure)	
3. Do blood glucose check*	Use a safe finger-pricking device to prick the side of the finger. Squeeze finger from the base, moving the blood down to the end of the finger. Bring the meter and strip towards the finger so that the end of the strip touches the drop of blood. The meter starts to count down when sufficient blood is applied to the strip. Give the person a cotton wool ball and ask them to push this over the finger-prick site for 1 minute. The number on the screen = blood glucose level.	
***Use quality control solution NOT BLOOD** to practice your technique and for audit.	Squeeze a drop of quality control solution onto the side of the finger. Bring the meter and strip towards the finger and touch the end of the strip onto the drop of blood. Wipe excess quality control solution from your finger. The number on the screen = quality control result.	
4. Interpret result	**Blood glucose level:** What does the number mean – low, healthy or high? Use the Check, Think and Act resource to help decide. **Quality control solution:** Check number on side of the bottle of strips to see if it falls within the acceptable range for the solution.	

Blood glucose meter problem solving and maintenance		
Step	**Description**	√ **Done**
5. Codes	**If a code appears on the meter how do you respond to it?** You look in the meter's manual to identify the meaning of the code and respond as highlighted to rectify the problem.	
6. Meter maintenance	**How is the meter maintained?** a) Batteries changed b) Blood spills wiped up immediately c) If meter is dropped do a quality control check.	
7. Record BGL	Write the result on the blood glucose monitoring chart/log book or medication chart depending on your organisation's procedure.	
8. Problem solving		
a) Meter stops working	Check the batteries are in correctly. Still not working – put in fresh batteries. Still not working - call company FREECALL number for further assistance.	
b) Unexpected result	Wash the person's hands. Repeat blood glucose check and/or use quality control solution to check meter's accuracy by putting a drop of solution into strip instead of blood. Check result against the expected range for that control solution. This is found on the side of the strip bottle. Result in-range = accurate. Result out of range = call Company FREECALL number.	
c) Quality control	Use the quality control solution to check the meter's accuracy by using it instead of blood. Check once a week. Change the person checking the result each week so that everyone who checks blood glucose levels using this meter get to do the quality control checks from time-to-time. After opened, the solution lasts 3 months.	
d) Pricked by a used needle.	Immediately wash the site thoroughly with soap and running water. Report incident to Manager. Go and see the doctor for a medical review. N.B. Follow your organisation's specific procedure.	
Remember to successfully pass Module 2: Blood Glucose Monitoring you need to achieve 80% + in the on-line quiz and pass the check of your blood glucose monitoring technique by Jayne Lehmann.		

Diabetes Care in the Community for Support Workers: Blood Glucose Monitoring (BGM) Procedure/Audit tool

Use of the finger-pricking device for blood glucose monitoring

It is not appropriate for support workers to use a finger-pricking device that needs you to use your fingers to remove the used and exposed lancet needle. This substantially increases the risk of a needle-stick injury. Use a finger-pricking device that never has the needle left exposed after use.

Suitable options include:

- Single use, disposable finger pricking device
- Fast Clix or Multi-Clix finger pricking device with replaceable lancet cartridges (available from the local pharmacy).
- If the person does their own finger-pricking and can remove the used lancet, they can use a lancing device that requires the user to do this. Not to be removed by staff unless there is a way to expel the used needle from the device without touching the used needle.

1. Preparation	Prepare equipment, wash your hands and put on gloves. Wash the person's hands. Explain how you will prick their finger on the side – as it doesn't hurt as much - using the finger pricker.	
2. Finger prick site	Load the finger-pricker ready to use, ask the person which finger they would like you to prick and do it on the side so it hurts less. Squeeze the finger from the base, moving the blood to the tip of the finger.	
3. Blood application	Get the meter with the strip in it – check I is ready to receive the blood drop – and touch the end of the strip against the blood drop on the finger. Ask the person to push a cotton wool ball firmly over the finger prick site for 1 minute to prevent bruising.	
4. Used lancet disposal	**Single-use device:** Throw the whole device into the yellow sharps disposal unit once used. **Fast-Clix or Multi-Clix finger pricking device:** There are 6 lancets in the cartridge. After pricking the finger, use the lever to turn the cartridge to a new lancet. The number on the side of the device will, for example, change from 6 to 5 when moving the lever for the first time with a new lancet cartridge. Once it shows 0 on the side of the device, take the end cap off and remove the used cartridge with your fingers. This is safe because all of the used lancets are covered. Throw this into the yellow sharps disposal unit. **Replaceable lancet device:** Client/customer removes the used lancet and disposes in sharps container.	
5. Tidy up	Record result, wash hands and put everything away.	

Please note: No finger pricking devices are included in the Practice Pack as an infection control precaution. Jayne will discuss the device you use during the Online Skills Check session to make sure it is safe for staff to use. This skill is not evaluated by Jayne Lehmann during the session.