

**P012**

## **BLOOD GLUCOSE MONITORING PROCEDURE**

### **Introduction**

Blood glucose levels (BGL) are measured using the finger prick method.

### **Equipment**

- Blood
- Glucometer
- Blood glucose strip
- Cotton balls
- Gloves



### **Procedure**

- Explain procedure to patient
- Set up equipment
- Wash hands
- Wash Customer/Clients hands in warm water and dry thoroughly
- Insert the blood glucose strip
- Using a bloodletting device, pierce area along the side of the finger
- Avoid the pad of the finger and the tip. Rotate finger usage – as area will harden with repeated use
- Squeeze the finger to obtain an adequate drop of blood
- Touch the blood drop to the target area at the tip of the strip
- Wipe finger with cotton ball
- The meter will then count down, note the BGL as it appears on display screen
- Remove blood glucose strip from the meter and discard into waste bin
- Discard the bloodletting device in sharps container
- Record BGL result.

### **Insulin Administration**

#### **Introduction**

If there is an incident that is outside the scope of practice or any situation and or emergency. A Doctor or Clinical Nurse is to be contacted immediately for guidance and assistance. All incidents are to be documented.

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**Insulin:**

- Is to be administered via subcutaneous injection.
- Can be administered via an insulin syringe, an insulin pen device or insulin pump.
- Should be kept in a locked fridge between 2-8°C until opened for individual patient use.
- Insulin expires 4 weeks after opening
- Insulin Pen in use must have a patient identification label attached. All other insulin Pens not in use are to remain secured in the refrigerator.
- Insulin kept in the fridge is best removed and kept at ambient temperature for at least 60 minutes before administration as cold insulin 'stings'.

**Equipment**

- Insulin Pen device
- Pen needle (4mm)



**Procedure**

- Wash hands
- Check medication order for prescribed insulin type, dose, route of administration and frequency/time of administration
- Choose correct insulin pen and check that there is enough insulin in the pen for the dose
- If administering intermediate-acting (cloudy) insulin, the pen should be inverted 10-20 times to re-suspend the cloudy solution
- Screw appropriate pen needle onto pen
- Dial up 2 units of insulin and expel via an air shot to prime needle and ensure that you see insulin come out of the needle
- Dial up prescribed dose
- Explain procedure to patient
- Feel the skin for lumps avoid if present. Pinch skin between two fingers and insert pen needle completely at a 90 degrees angle
- Keep the skin pinched and inject insulin by pushing pen button down slowly until it cannot be pushed further. Slowly let skin go – keep needle inserted for 5-10 seconds and then withdraw needle
- Remove needle from pen and dispose of in sharps container
- Sign for the medication

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**Note: Insulin may only be stored at room temperature (at or below 30°C) for up to 28 days and then must be discarded, even if unopened**