



Policy Name BLOOD GLUCOSE MONITORING	Policy Number: 0235
	Effective Date: September 15, 2009
Approved By: Management Committee	Date Revised:
Classification: Pain and Symptom Management	Page No: Page 1 of 3

POLICY

Agapé Hospice provides individualized physical, social, emotional and spiritual end of life care. The resident's quality of life while facing death is of prime importance. Agapé Hospice believes in doing all we can, not only to help people die peacefully, but also to *live* until they die.

Blood glucose monitoring is an important clinical test which can improve resident care. Testing must be carefully evaluated to determine its contribution to improving the resident's quality of life.

Agapé Hospice staff does not routinely perform blood glucose testing. However, blood glucose testing is done:

1. according to the attending physician's order;
2. at the RN's discretion if hypoglycemia or severe hyperglycemia is suspected and/or the resident is distressingly symptomatic;
3. at the request of the resident and/or family/health advocate.

When there is no physician's order to indicate the resident's critical values, the following guidelines apply for calling the physician:

1. < 4 mmol/L that does not respond to hypoglycemia treatment;
2. Insulin dependent resident whose glucose is >20 mmol/L.

NOTE: *Capillary blood glucose monitoring is UNRELIABLE and therefore CONTRAINDICATED if:* 1. severe anemia is present;
2. peripheral circulation is shut down.

Residents are encouraged to bring in their own glucose monitoring equipment (meter, test strips, lancing device and lancets). If a resident's own equipment is not available, one of Agapé Hospice's meters may be used. Blood glucose meters used for more than one resident **must be cleaned between uses** according to the manufacturer's instructions and Alberta Health Services, Calgary Health Zone, Infection Prevention and Control Standards. At Agapé Hospice, CaviWipes are to be used to wipe the outside of the meters. **LANCING DEVICES AND LANCETS ARE NOT TO BE SHARED BETWEEN RESIDENTS.** Any single patient lancing device supplied by a resident **must be** discarded or returned to the resident's family at time of



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death/discharge. If a resident or family did not bring in a lancing device, disposable single use lancet devices are to be used as per the Health Canada Advisory, March 2009 (attached).

PROCEDURE

1. Check the physician's order for blood glucose testing.
2. Inform the resident and/or family/health advocate of the testing.
3. Wash hands and put on gloves. Cleanse the resident's hands/fingertips.
4. Prepare lancing device.
5. Prepare test strip.

NOTE: If the test strip is contained in a vial, recap the vial immediately to prevent moisture from getting into the vial and altering the accuracy of the remaining test strips. If the vial is found uncapped, it should be discarded.

6. Prick the side of the fingertip with the lancing device. Avoid areas of bruising and open lesions.
7. If a drop of blood does not form, milk the entire finger until a droplet is obtained.
Start in the palm of the hand and move downward in one motion to the fingertip.
8. Apply blood to the test strip and complete the test according to the manufacturer's instructions.
9. Dispose of the lancet or disposable lancet device and test strip in a Sharps Container.
10. Document on the resident's health record:
 1. Date and time of the test and the results.
 2. Symptoms of and treatment for hypoglycemia or hyperglycemia, if applicable.
 3. Date and time the physician notified if applicable.



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ATTACHMENT

Health Canada, Health Products and Food Branch Advisory on Safety Information on the Association of Blood Lancing Devices and Transmission of Blood-Borne Diseases, March 2009

CROSS REFERENCE

Policy # 0233 - Treatment of Hypoglycemia

REFERENCES

Alberta Health Services, Calgary Health Zone– Blood Glucose Monitoring for Adult and Children (Meter & Visual Method) – Policy #B-1

Alberta Health and Wellness – Standards for Cleaning, Disinfection and Sterilization of Reusable Medical Devices for All Health Care Facilities and Settings

Health Canada, Health Products and Food Branch Advisory on Safety Information on the Association of Blood Lancing Devices and Transmission of Blood Borne Diseases

Alberta Health Services, Calgary Health Zone – Guidelines for Standard Practice & Isolation Precautions in Community Based Health Services, Fourth Edition - 2005