

Diabetes Skills Standard Training Checklist Blood Sugar/Glucose Monitoring

*Blood Sugar Testing is the Cornerstone of Diabetes Management. Blood Sugar Testing can be done anywhere in the school setting. When appropriate, students may test independently in the classroom, the cafeteria, **anywhere** they are in the school. Clinic-aides may also go to the student in the classroom to perform the blood sugar testing or assist the student with testing.*

Explanation/Return Demonstration
A. States purpose of the blood glucose monitoring procedure. States understanding of appropriate times to do monitoring. Follow ISHP to identify appropriate times for monitoring.
B. The Individualized Student Health Plan is referenced and necessary interventions are followed.
C. Identifies supplies- blood glucose meter, meter strips, lancing device, lancets, sharps container, tissue, gloves, Individualized Student Health Plan, Forms for documentation.
D. Procedure:
1. Set up area.
2. If UAP to poke finger- UAP Washes hands , Puts on gloves.
3. Student should wash hands and thoroughly dry hands.
4. Insert strip into meter which will turn meter on.
5. Verify code if applicable (all One-Touch meters) (Some Accu-chek meters have a code key)
6. Prepare lancing device (insert lancet, adjust depth - as directed by parent)
7. Select site – side of fingertip, alternate site if appropriate ALWAYS USE FINGERTIP with SUSPECTED LOW.
8. Poke site with lancing device, keep arm below level of heart, gently milk finger in downward motion to obtain adequate blood sample.
9. Touch drop of blood to tip of window on test strip.
10. Carefully read result, carefully record result on the Student Daily Diabetes Monitoring Log.
11. Student (or UAP) wipes excess blood from finger with tissue.
12. Dispose of used strip in lined wastebasket, dispose of lancet in sharps container * Lancets should be replaced <u>weekly</u> if BG testing is done once daily, lancet should be replaced <u>daily</u> when BG testing is done more frequently.
13. Dispose of gloves and wash hands.