Diabetes Skills Standard Training Checklist
Blood Ketone Monitoring

There are currently two meters available for checking Blood Ketones:
Precision Xtra® and the **NovaMax® Plus**

Explanation/Return Demonstration
A. States purpose of blood ketone monitoring.
B. The Individualized Student Health Plan is referenced and necessary interventions are followed.
C. Identifies supplies- Blood Ketone meter, calibration strip (for the Precision Xtra), ketone test strip, lancing device, tissue, gloves, ISHP, Student Daily Diabetes Monitoring Log
D. Procedure:
1. Wash hands, Assemble supplies, Put on gloves (if UAP to poke finger)
2. Student should thoroughly wash and then dry hands.
3. For the **NovaMax Plus** – insert the ketone test strip into the meter. Make sure to use the ketone test strip and not the blood glucose test strip. There is no need to calibrate this meter. Meter will turn on once test strip is inserted. Obtain blood sample from finger. Touch drop of blood to tip of window on ketone test strip. **Result will appear in 10 seconds.**
3. For the **Precision Xtra – the meter must be calibrated with each new box of ketone test strips**. *[To calibrate the meter, hold the calibrator with the calibration code facing you, insert calibrator into test port, the calibration code will show on the display window, check that the code number matches on the following: display window, test strip calibrator, test strip foil packet. Remove the calibrator and store with kit.]* Insert the purple ketone test strip into the meter. Meter will turn on once test strip is inserted. Obtain blood sample from finger. Touch drop of blood to white area at end of strip. **Result will appear in 10 seconds**.
3. Record results on Student Daily Diabetes Monitoring Log
4. Dispose of used ketone test strip in lined wastebasket
5. Follow directions per Individualized Student Health Plan. Contact parent and District RN as indicated in ISHP. ***Call parent immediately if result is 1.5 mmol or higher. Student requires close monitoring and parent should plan to pick up student from school.** * **NO EXERCISE** with Moderate/Large Ketones. *Student may exercise with negative/trace ketones if feeling OK and drinking plenty of water.

Interpreting the Blood Ketone Results:

Below 0.6 mmol/L Readings below 0.6 are in the Normal Range

0.6 to 1.5 mmol/L Elevated, drink plenty of sugar free fluids, contact parent and RN, may require extra insulin

Above 1.5 mmol/L Serious risk of developing DKA,
Call Parent immediately, student should be picked up from school.