



Blood Glucose Monitoring Protocol

Blood glucose readings may be obtained by a licensed nurse by the Virginia Board of Nursing or direct care provider who has successfully completed the 32 Hour Medication Administration for Medication Aide with the Diabetes component. Readings are to be obtained per physician order and reviewed by physician or registered nurse at a frequency determined by physician managing condition requiring blood glucose monitoring.

Routine Procedures

1. Collect items needed to perform procedure, including gloves, alcohol wipes, blood glucose meter, single-use, auto-disabling retractable lancet, blood glucose meter testing strip, gauze, band aids, and sharps container or puncture proof container.
2. Take items to the patient's room or to a designated procedure area. Do not carry supplies in pockets.
3. Perform procedure on a solid surface that can be disinfected or place a disposable cover on the surface to provide a barrier in the event of a blood contamination.
4. Perform hand hygiene by washing hands with soap and water or using an alcohol-based hand sanitizer.
5. Put on gloves and perform fingerstick using a single-use, auto-disabling lancet. Immediately discard the used lancet in an approved sharps container. Insert test strip into blood glucose meter.
6. When wearing gloves, before touching clean surfaces, change gloves that have touched objects or surfaces potentially contaminated with blood.
7. While continuing to wear gloves, complete the testing procedure by removing the test strip from the blood glucose meter and discarding it in a regular trash receptacle or sharps container.
8. Remove gloves and place them in trash receptacle.
9. Perform hand hygiene by washing hands with soap and water or using an alcohol-based hand sanitizer.
10. If possible, a blood glucose meter should be assigned to an individual person and not shared. If this is not possible, select a blood glucose meter that is designed for use on multiple patients, as indicated by the manufacturer's indications and instructions. If the manufacturer does not include



instructions regarding how the device should be cleaned and disinfected, then it should NOT be shared. If shared, the blood glucose meter MUST be cleaned and disinfected between patients.

11. Ensure the blood glucose meter is cleaned and disinfected after use according to manufacturer's recommendations and stored appropriately (i.e., in a storage case, labeled with the patient's name if dedicated for individual use).

12. Document blood glucose result on Blood Sugar Log and notify physician of any readings outside of directed parameters specified by physician caring for management of diabetes.

Non-Routine Procedures

1. If, at any time during the procedure, hands or any other body surface become contaminated with blood or body fluids, remove gloves and wash affected area(s) immediately and thoroughly with soap and water.

2. If the procedure surface becomes contaminated, absorb blood/body fluids with a paper towel and disinfect the surface with an EPA-registered disinfectant or a diluted bleach solution (1 part bleach to 10 parts water). Always put on gloves before cleaning and disinfecting surfaces. Perform hand hygiene after glove removal.