

# ASSESSING BLOOD GLUCOSE USING FINGERSTICK

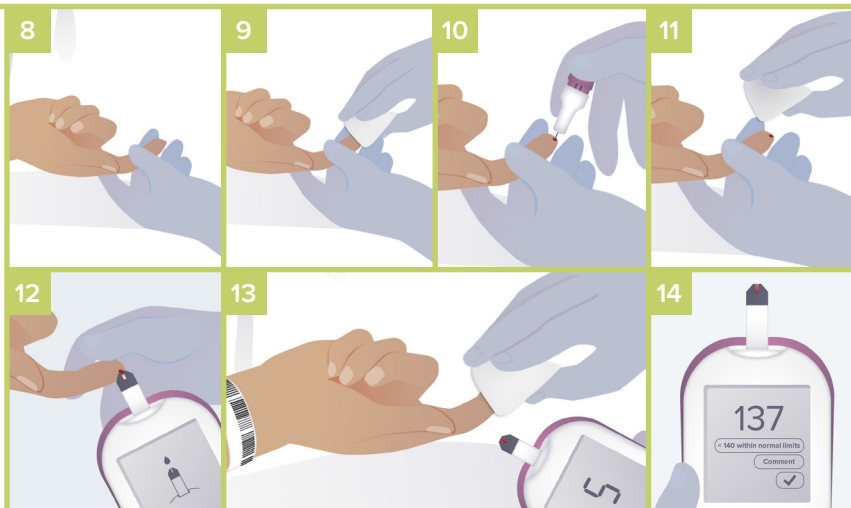


## Pre-procedure

1. Greet the client, provide privacy, explain procedure, and position client with hand in a dependent position.
2. Prepare glucometer and supplies.
3. Perform hand hygiene and put on gloves.
4. Identify client using two identifiers.
5. Input client information into glucometer by scanning wristband, if applicable per facility.
6. Input test strip information by scanning, if applicable per facility.
7. Insert test strip into glucometer.

## Fingerstick Procedure

8. Identify puncture site.
9. Clean site using alcohol wipe and allow to air dry.
10. Puncture selected site using lancet.
11. Wipe away first drop of blood to appear using a gauze pad.
12. When a new drop of blood forms, touch test stripe to blood. Allow designated area of test strip to fill completely.
13. Apply pressure to puncture site while glucometer processes result.
14. Read glucose level on digital display when processing is complete.



## Post-procedure

15. Remove test strip from glucometer.
16. Dispose of used supplies in appropriate waste-basket or sharps container.
17. Remove gloves and perform hand hygiene.
18. Document procedure and results.



Portable glucose monitor



Blood glucose test strips



Lancet

### CLINICAL TIPS:

- Do not puncture center of finger pad, use side of the finger where there are fewer nerve endings.
- Rotate puncture sites if testing frequently.
- Do not squeeze finger pad to express blood, use a warm compress to dilate capillaries if needed.
- First drop of blood to emerge may be a contaminated and result may be inaccurate.

## Other Nursing Considerations

- Control testing must be completed every 24 hours to ensure glucometer is functioning properly.
- Check expiration dates on test strips and control solutions.
- Follow facility protocols for dating/initialing new supplies that you open.
- Avoid spreading infection by following facility protocols for cleaning of glucometer and other equipment after testing each client.

*Know your facility's cut-offs for critical glucose levels. Notify provider of abnormal results. Initiate treatment per protocol if client is symptomatic.*

### Critical Symptoms Requiring Treatment

Hypoglycemia	Hyperglycemia
Signs & symptoms: <ul style="list-style-type: none"> <li>• Anxiety/confusion</li> <li>• Tingling</li> <li>• Diaphoresis</li> <li>• Tachycardia</li> <li>• Tremors</li> </ul>	Signs & symptoms: <ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Blurred vision</li> <li>• Nausea &amp; vomiting</li> <li>• Thirst</li> <li>• Fruity breath</li> </ul>

### Urgent Intervention in Symptomatic Client

Conscious client: simple carb (juice)	<ul style="list-style-type: none"> <li>• IV fluid resuscitation</li> <li>• IV insulin</li> </ul>
Client unable to take PO: IM glucagone	

