

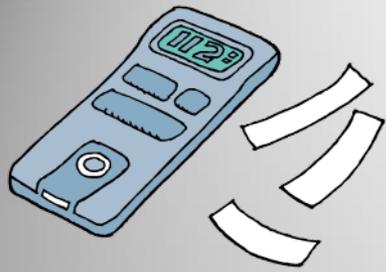
BLOOD GLUCOSE (BG) MONITORING



Blood Glucose Monitoring

Is also known as

- “Checking Blood Sugars”
- “Glucometer Checks”

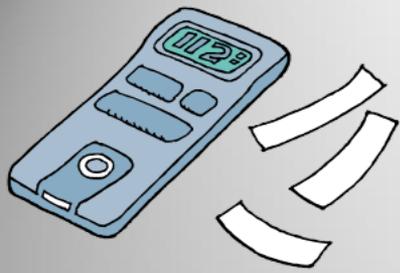


Blood Glucose Monitoring

The medical orders provide guidance for BG monitoring.

Check BG per medical orders to see the effect of:

- Eating
- Stress
- Exercise
- Medications
- Illness



Blood Glucose Meter

- Monitors BG levels with the use of a blood glucose meter or “glucometer”
- There are many different types of glucometers on the market
- Each glucometer comes with specific test strips. BG measurement is obtained within seconds of placing a small amount of blood to designated target area on a test strip
- Most test strips are designed to pull (wick) the blood into the strip

Important - Know how to properly use the student’s specific monitor and keep it accessible at all times.

Steps for BG Monitoring

1. Gather supplies
2. Have student wash and dry hands
3. Load lancet device and insert test strip in meter
4. Using lancet device, prick side of finger
5. Gently squeeze the finger to obtain a drop of blood
6. Hold BG strip to blood drop to absorb blood
7. Record BG value displayed on meter
8. Discard lancet and used strip in sharps container



Tips for Using BG Meter

- Follow instructions for the specific meter
- Coding meter:
 - Many meters do not require coding
 - If coding is required, make sure code displayed on the meter matches the code listed on container of strips
- Store BG test strips appropriately per instructions
- Prepare hands – handwashing is preferred
 - If using hand sanitizer – make sure skin has completely dried before using lancet
- Adequate blood sample needed



Tips for Using BG Meter *(continued)*

- Always check expiration date on test strip container
- Wear disposable gloves
- Dispose of used lancet properly into a sharps container
- Record BG level in log book
 - Parent may need copy of log book of meter readings for doctor visits

Follow guidelines in the medical orders for treatment of high and low BG.



Checking BG

How often?

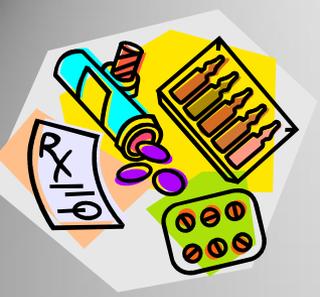
- Usually several times each day
- When to check BG?
 - Meals: Before and possibly 2 hours after meals
 - Exercise: Sometimes before and after exercise
 - Whenever low or high BG is suspected

Follow the guidelines in the medical orders.



Important Reminders

- BG meter must always be accessible to student
- Must make arrangements for BG monitoring:
 - During school activities
 - Field trips
 - On the bus
 - Any other time during the school day



Important Reminders

- The parent/guardian is responsible for supplying the school with all testing supplies
- Students are permitted to carry diabetes supplies and perform diabetes self-care if a written request is obtained from parent/guardian and authorization from the student's treating physician

Continuous Glucose Monitoring

- Some children may have a Continuous Glucose Monitor (CGM) in place
- A sensor is placed under the skin to continuously read the glucose level
- Device will alarm when a low or high glucose level is pending
- CGM value must be confirmed with BG meter if the alarm sounds

Safety Reminders

- Lancets must be disposed of in a sharps container
- BG testing supplies should never be shared with another student

GO TO THE AMERICAN DIABETES ASSOCIATION
SAFE AT SCHOOLS VIDEO
CHAPTER 5 BLOOD GLUCOSE MONITORING

at:

<http://www.youtube.com/watch?v=SmSWCGJEUG8&index=6&list=PL3DE9DDE8EB2A2E56>