Blood Glucose Testing and Skills Demonstration

☐ Wash hands

☐ Check orders on MAR for correct frequency of testing and correct time of day testing should occur. Also note that testing is usually done PRIOR to eating a meal.

☐ Gather supplies – lancet, sharps container, glucometer; put on gloves

☐ Have client wash their hands thoroughly. This may affect the reading if his/her hands are not clean.

☐ Turn on glucometer and insert test strip

☐ Remove safety cap from lancet and press firmly against the tip of the client’s fingertip. Press level on lancet to trigger the poke.

☐ Gently squeeze the finger to draw blood to the tip and place testing strip on the blood droplet, all the blood to be wicked up into the test strip.

☐ Allow the machine to read the blood, which takes a few seconds

☐ Discard lancet into the sharps container

☐ Remove test strip after the glucometer provides a reading and throw in the garbage

☐ Remove gloves and discard

☐ Wash hands

☐ Initial on the MAR that you collected a reading

☐ Document on the Blood Sugar Log the actual blood sugar reading

☐ Report any unusual findings to the nurse, including if the reading is below 60 or over 200

By signing here, I verify that the above training has been provided to me.

__________________________________________   ________________________
Employee Signature                  Date

By signing here, I verify that the above training was provided by me to the employee.

__________________________________________   ________________________
Licensed Health Care Provider Signature/Title                  Date