

Diabetes Skills Standard Training Checklist Urine Ketone Monitoring

Explanation/Return Demonstration
A. States purpose of urine ketone monitoring.
B. The Individualized Student Health Plan is referenced and necessary interventions are followed.
C. Identifies supplies- Gloves, Flat bottomed cup for urine, Urine ketone strips, Comparison chart, Timing device – watch or clock with second hand measure.
D. Procedure:
1. Wash hands, Put on gloves.
2. Assemble supplies.
3. Have student provide urine sample in flat bottomed cup.
4. Place cup of urine on flat surface.
5. Dip ketone testing strip in urine, tap off excess.
6. Immediately begin counting seconds according to package directions (usually 15 seconds), Accurate timing is crucial for an accurate result.
7. Compare ketone strip to color comparison chart, carefully read result.
8. Dispose of all supplies - pour urine in toilet, paper cup and ketone test strip may be disposed of in lined wastebasket.
9. Remove gloves, wash hands.
10. Record results.
11. Follow directions per Individualized Student Health Plan. Contact parent and District RN as indicated in ISHP. *Call parent immediately if student has moderate/large ketones. Student requires close monitoring and parent should plan to pick up student from school. * NO EXERCISE with Moderate/Large Ketones *Student may exercise with trace/small ketones if feeling OK and drinking plenty of water.

If there is no cup available to pee into, it is OK to pass the strip through a stream of urine. However, this makes it difficult to ensure the accuracy of time for comparing the color of the strip with the color chart on the bottle (or appropriate color chart depending on brand of ketone strips). The concern is that if the advised time for comparison is exceeded the strip can continue to darken leading to an inaccurate reading. Comparison too soon can also lead to inaccuracies. Each brand may have a different time frame which is important to know. It is preferable to have the child pee into a cup and have the clinic-aide supervise or do the dipping herself and track the time for comparison. Paper cups are fine to use. The issue with a child passing the strip through the stream of urine, and the getting themselves back together before exiting the rest room, you lose the ability to track the time from "dip" to comparison with the color chart.