**Diabetes Skills**/**Standard Training Checklist - Blood Sugar/Glucose Monitoring**

*Blood Sugar Checks can be done anywhere in the school setting. When appropriate, students may check BG independently* ***ANYWHERE*** *they are in the school. This may be the classroom, cafeteria, playground, etc. Health-aides may also go to the student in the classroom or elsewhere to perform the blood sugar check or assist the student with the BG check.*

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| **Explanation/Return Demonstration** |
| A. States purpose of the blood glucose monitoring procedure. States understanding of appropriate times for monitoring. Follow IHP to identify appropriate times for monitoring. |
| B. The IHP is referenced and necessary interventions are followed. |
| C. Identifies supplies- blood glucose meter, meter strips, lancing device, lancets, sharps container, tissue, gloves, IHP, Daily Diabetes Monitoring Log. |
| **D. Procedure:** |
| 1. Set up area. |
| 2. If UAP to poke finger (or there is a possibility of contact with blood) - UAP Washes hands, Puts on gloves. |
| 3. Student should **thoroughly** wash hands with soap and water and **thoroughly** dry hands. |
| 4. Insert test strip into meter which will turn meter on. |
| 5. Prepare lancing device (insert lancet, adjust depth as needed) |
| 6. Select site – side of fingertip, alternate site if appropriate  ALWAYS USE FINGERTIP with SUSPECTED LOW. |
| 7. Poke site with lancing device, keep arm below level of heart, gently milk finger in downward motion to obtain adequate blood sample. |
| 8 Touch drop of blood to tip of window on test strip. |
| 9. Carefully read result, carefully record result on the Student Daily Diabetes Monitoring Log. |
| 10. **\*\***UAP must view the BG reading on meter and not just take the student's verbal report**\*\*** |
| 11. Student (or UAP) wipes excess blood from finger with tissue. |
| 12. Dispose of used strip in lined wastebasket, dispose of lancet in sharps container  **\*** Lancets should be replaced at least weekly or as needed when lancet becomes dull. |
| 13. Dispose of gloves and wash hands. |

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