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| **Explanation/Return Demonstration**  A. States purpose of urine ketone monitoring.  B. The IHP 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 service.  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 IHP. Contact parent and District RN as indicated in IHP.  12. 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. |