

Obtaining a Fingerstick Glucose Level

Purpose	The purpose of this procedure is to obtain a blood sample to determine the resident's blood glucose level.
Preparation	<ol style="list-style-type: none">1. Verify that there is a physician's order for this procedure.2. Review the resident's care plan and provide for any special needs of the resident.3. Assemble equipment and supplies needed.4. Ensure that the equipment and devices are working properly by performing any calibrations or checks as instructed by the manufacturer or this facility.
Equipment and Supplies	The following equipment and supplies will be necessary when performing this procedure. <ol style="list-style-type: none">1. Sterile lancet with a spring-loaded device (e.g., Penlet) <i>or</i> automatic or safety type lancet;2. Blood glucose monitoring system (meter with test strips and calibration supplies);3. Single use alcohol swab; and4. Personal protective equipment (e.g., gowns, gloves, mask, etc., as needed).
Steps in the Procedure	<ol style="list-style-type: none">1. Place the equipment on the bedside stand or overbed table. Arrange the supplies so that they can be easily reached.2. If using the blood glucose monitoring system (meter with test strips), use test strips before their expiration date. Do not use test strips that have been wet, bent or otherwise damaged.3. Encourage and assist the resident, as needed, to increase the blood flow to his or her fingers by brisk hand washing with warm water and soap, followed by thorough drying and resting his or her arms in a dependent position (i.e., arms relaxed at the sides of the body, below the heart level, etc.).4. Wear clean gloves.5. Assess the resident's fingertips for good blood supply. Choose a site on the lateral surface of the fingertip that does not have callous formation or bruising. Rotate sites when frequent punctures are to be performed.6. Wash the selected fingertip, especially the side of the finger, with warm water and soap. (Note: If alcohol is used to clean the fingertip, allow it to dry completely because the alcohol may alter the reading. Repeated use of alcohol may toughen the skin.)7. Obtain a blood sample by using a sterile lancet (a spring-loaded lancet or manual lancet). Discard the first drop of blood if alcohol is used to clean the fingertips because alcohol may alter the results.8. If using an automatic or safety type lancet, use moderate pressure to hold the lancet against the side of the finger, depress the plunger and then release.9. If a drop of blood is not present at the puncture site, hold the finger downward and gently massage the finger from the base to the puncture site. Do not squeeze or apply pressure to the site.10. Place a drop of blood on the reagent strip, covering the test area completely.11. Wipe the fingertip with a cotton ball to seal the puncture site.12. If bleeding persists, apply a bandage.13. Follow the instructions provided by the manufacturer of the glucose monitoring system to obtain a blood glucose reading. If the resident is experiencing symptoms that are not consistent with the blood glucose results obtained, contact the physician immediately.
Steps in the	<i>continues on next page</i>

**Procedure
(continued)**

14. Point the spring-loaded device down and away from the face and body and carefully remove the lancet.
15. Dispose of the lancet in the sharps disposal container.
16. Discard disposable supplies in the designated containers.
17. Clean reusable equipment according to the manufacturer's instructions.
18. Remove gloves and discard into designated container.
19. Wash hands.

Documentation

The person performing this procedure should record the following information in the resident's medical record:

1. The date and time the procedure was performed.
2. The name and title of the individual(s) who performed the procedure.
3. All assessment data obtained during the procedure.
4. If the resident refused the procedure, the reason(s) why and the intervention taken.
5. The blood sugar results. Follow facility policies and procedures for appropriate nursing interventions regarding blood sugar results (if resident is on sliding scale coverage, and/or physician intervention is needed to adjust insulin or oral medication dosages), etc.
6. The signature and title of the person recording the data.

Reporting

1. When clinically indicated, report abnormal results promptly to the supervisor and the Attending Physician.
2. Notify the supervisor if the resident refuses the procedure.
3. Report other information in accordance with facility policy and professional standards of practice.