

LOS ANGELES UNIFIED SCHOOL DISTRICT
Student Health and Human Services Division
District Nursing Services

DIABETES: BLOOD GLUCOSE TESTING

I. GENERAL GUIDELINES

A. PURPOSE

1. To measure the student's blood glucose levels at designated times during the school day for proper management of Diabetes.

B. GENERAL INFORMATION

1. Regular monitoring of blood glucose levels is an essential part of Diabetes management.
2. Orders for Blood Glucose Testing signed by Licensed Healthcare Provider and parent are necessary before performing this procedure.
3. Blood glucose testing is performed at designated testing times OR when signs and symptoms of high or low blood sugar occur.
4. Blood glucose testing equipment should be available to the student whenever and wherever necessary.
5. The target blood sugar range may vary depending on the parameters written by Licensed Health Care Provider.
6. Blood glucose meters should not be shared.
7. Students are encouraged to perform self-monitoring as much as possible.

C. PRECAUTIONS

1. Bloodborne Pathogen Precautions

D. PERSONNEL

1. Licensed Nursing Provider and School Physician
2. School personnel designated by the Site Administrator trained and supervised directly or indirectly by the School Nurse.
3. Student monitored by trained, designated school personnel as appropriate.

E. EQUIPMENT

1. Provided by Parent
 - a. Blood Glucose Testing meter
 - b. Finger lancing device with disposable lancets
 - c. Blood glucose testing strips for specific electronic meter
 - d. Portable/temporary sharps container if testing outside of health office (firm plastic container with tightly closing lid, e.g. empty test strip canister)
 - e. Antiseptic wipes (e.g. Alcohol wipes) if used
2. Provided by School
 - a. Disposable non-latex gloves
 - b. Cotton ball or tissues
 - c. Sharps container
 - d. Plastic bag for disposal of waste

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II. PROCEDURE FOR BLOOD GLUCOSE TESTING

ESSENTIAL STEPS	KEY POINTS AND PRECAUTIONS
1. Wash hands.	Hand sanitizer may be used when hand washing facilities are not available.
2. Assemble equipment needed to do the procedure on a clean flat surface using paper towel.	
3. Have student wash hands with soap and water. Thoroughly dry hands.	If student is not independent with glucose monitoring, universal precaution should be observed.
4. Put on gloves.	
5. Prepare lancing device according to manufacturer's directions.	Use a new lancet for each finger stick. If possible, allow the student to prepare lancet.
6. Activate glucometer.	Check expiration date on test strip bottle.
7. Select a site on the fingertip. Puncture site with lancing device. Gently squeeze finger in downward motion to obtain enough blood to fill test strip area.	Alternate use of all fingers for obtaining the drop of blood. Using side of fingertip is preferred.
8. Place drop of blood on testing strip and complete test reading according to manufacturer's directions.	Compress lanced area with tissue or cotton ball to stop bleeding (if necessary, cover with band aid)
9. Read the Blood Glucose test result.	The meter will count down to zero and then display the student's blood glucose level.
10. Discard used lancet in Sharps container. Dispose of test strip and cotton ball in lined wastebasket.	A student who tests outside of health office will store used lancet in portable/temporary sharps container and discard in sharps container at home or in health office at end of day.
11. Remove gloves and wash hands.	
12. Document electronically. If not available use Nursing Protocol Log indicating: a. Time completed b. Blood Glucose results c. Action taken, if needed	Refer to healthcare provider orders to determine action, (if any) to be taken.

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Date



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