



### Blood Glucose Level Measurement



#### 1 Preparing for the procedure

- Explain procedure to the patient and gain verbal consent.
- Ensure the patient has clean hands using soap and warm water.
- Insert glucose test strip into glucometer taking care not to touch test pad.
- Ensure glucometer readiness to receive sample.
- Perform hand hygiene and put on non-sterile gloves.



#### 2 Performing the procedure

- Depress spring loaded lancet.
- Place base of lancet firmly against side of finger and press release button.
- Wait a few seconds for blood to collect at puncture site.
- Use stroking movements from the base of the finger towards the puncture site to encourage blood flow if necessary - do not squeeze the site.
- Press tip of test pad (glucose test strip) against blood droplet.
- Ensure that the machine is processing.
- Apply pressure to puncture site using cotton ball or gauze square to stop bleeding.



#### 3 Documentation

- Document the procedure and record blood glucose level.
- Report abnormal findings.



#### 4 Additional information

- For an abnormal value, repeat BGL.
- Rotate sites to reduce the risk of the area becoming toughened and to reduce pain.



#### Background

Measuring blood glucose levels is a common activity performed by health professionals. Blood glucose levels commonly change with illness and depending on the level can have serious effects on patients.

#### Equipment required

- Hand sanitiser
- Non-sterile gloves
- Glucometer
- Lancet
- Cotton ball or gauze squares
- Glucose test strip
- Sharps container
- Blood glucose monitoring chart



#### Checking equipment

- Ensure blood glucose machine is calibrated daily with correct glucose test strips using high and low level solution.
- Follow manufacturer's instructions as equipment may vary.

#### References

- Dougherty, L & Lister, S Eds. The Royal Marsden Hospital Manual of Clinical Nursing Procedures. 8<sup>th</sup> ed. United Kingdom: Wiley Blackwell 2011.
- Smith S, Duell D, Martin B. Clinical Nursing Skills: Basic to Advanced Skills. 8<sup>th</sup> ed. New Jersey: Pearson Education 2012.
- Tollefson J. Clinical Psychomotor Skills: Assessment Tools for Nursing Students. 5<sup>th</sup> ed. Melbourne: Cengage Learning Australia; 2012.

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