

Blood Glucose Monitoring Protocol for Assisted Living Facilities and Nursing Homes

TEMPLATE

Routine Procedures

1. Collect items needed to perform procedure, including gloves, alcohol wipes, blood glucose meter, single-use, auto-disabling retractable lancet**, blood glucose meter testing strip, gauze, band aids, and sharps container.
2. Take items to the resident's room or to a designated procedure area. This procedure should not be done in common-use areas such as an activity room or a dining room. Do not carry supplies in pockets.
3. Perform procedure on a solid surface that can be disinfected or place a disposable cover on the surface to provide a barrier in the event of a blood contamination.
4. Perform hand hygiene by washing hands with soap and water or using an alcohol-based hand sanitizer.
5. Put on gloves and perform fingerstick using a single-use, auto-disabling retractable lancet. Immediately discard the used lancet in an approved sharps container. Insert test strip into blood glucose meter.
6. When wearing gloves, before touching clean surfaces, change gloves that have touched objects or surfaces potentially contaminated with blood.
7. While continuing to wear gloves, complete the testing procedure by removing the test strip from the blood glucose meter and discarding it in a regular trash receptacle or sharps container.
8. Remove gloves and place them in trash receptacle.
9. Perform hand hygiene by washing hands with soap and water or using an alcohol-based hand sanitizer.
10. If possible, a blood glucose meter should be assigned to an individual person and not shared. If this is not possible, select a blood glucose meter that is designed for use on multiple people, as indicated by the manufacturer's indications and instructions. If the manufacturer does not include instructions regarding how the device should be cleaned and disinfected, then it should NOT be shared. If shared, the blood glucose meter MUST be cleaned and disinfected between residents.
11. Ensure the blood glucose meter is cleaned and disinfected after use according to manufacturer's recommendations and stored appropriately (i.e., in a storage case, labeled with the resident's name if dedicated for individual use).

Non-Routine Procedures

1. If, at any time during the procedure, hands or any other body surface become contaminated with blood or body fluids, remove gloves and wash affected area(s) immediately and thoroughly with soap and water.
2. If the procedure surface becomes contaminated, absorb blood/body fluids with a paper towel and disinfect the surface with an EPA-registered disinfectant or a diluted bleach solution (1 part bleach to 9 parts water). Always put on gloves before cleaning and disinfecting surfaces. Perform hand hygiene after glove removal.

****Performing blood glucose monitoring using a single-use, auto-disabling fingerstick device is best practice. The use of reusable fingerstick devices is not recommended due to their difficulties with cleaning and disinfection after use, the risk for occupational needlestick, and their link to multiple outbreaks of hepatitis B virus. If reusable fingerstick devices must be used in the facility, **NEVER** use the same reusable fingerstick device on more than one resident. These devices must be dedicated to a single person and are only indicated for residents who *do not require* assistance with their blood glucose monitoring.**