

## POLICY AND PROCEDURE MANUAL CENTRAL VALLEY HEALTH DISTRICT

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### SECTION: NURSING SERVICES

#### POLICY: #404 Blood Sugars

**PROCEDURE:** Central Valley Health District will screen clients for fasting, 2 hour postprandial and random blood sugar readings.

1. Procedure will be explained to client.
2. Accu-Chek Compact Plus monitoring devices are used to check blood sugars. RN will follow the manufacturer guidelines for use of the machine. (See attached Quick Reference Guide and also refer to the Users' Manual).
3. Nurse will assess the following and document:
  - Client/Family History
  - Signs/Symptoms
4. Client's finger will be cleansed with alcohol wipe and dried or washed with warm soapy water and dried.
5. Safety lancets will be used to puncture the skin and obtain an adequate sample of blood. Follow universal precautions.
6. Results will be recorded in the client record and documented per policy.
7. Follow guidelines as outlined below for interpretation of results:

|                     | <b>Fasting Blood Sugar</b> | <b>Post-prandial(after meal) Blood Sugar<br/>(2 hours after meal)</b> |
|---------------------|----------------------------|---|
| <b>Normal</b>       | <100mg/dL                  | <180mg/dL   |
| <b>Pre-Diabetes</b> | 100-125mg/dL               | <200mg/dL   |
| <b>Diabetes</b>     | 126mg/dL and above         | >200mg/dL   |