



POLICY AND PROCEDURE MANUAL CENTRAL VALLEY HEALTH DISTRICT

SECTION: NURSING SERVICES

POLICY #: 404 BLOOD SUGARS

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

PROCEDURE:

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:

	Normal	Re-check	Referral
Fasting	65-109	110-139	140 or above
2 hr. pp	65-149	150-190	191 and above
Random BS	----- Above 190 Refer-----		

The above guidelines are for non-pregnant adults.