

## POLICY AND PROCEDURE MANUAL CENTRAL VALLEY HEALTH DISTRICT

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### SECTION: NURSING SERVICES

#### POLICY #: 417 HEMOGLOBIN MONITORING

**POLICY:** Central Valley Health District will provide screening for iron deficiency by assessing hemoglobin.

**PROCEDURE:**

1. Quality control measures are completed per Quality Assurance Policy.
2. HemoCue HB 201 will be used to determine hemoglobin levels.
3. Follow policy on universal precautions during procedure.
4. Explain procedure to client and arrange supplies.
5. For infants use the plantar surface of the heel (using fingers or toes that are small may cause injury). For adults and children use the ring or middle finger.
6. Cold hands should be warmed.
7. Wipe area with an alcohol wipe and allow to dry. Use only a lint free wipe (not cotton ball) as fibers from the wipe may affect the reading.
8. Using safety lancet, puncture site.
9. Wipe first 3 drops of blood away with lint free wipe. Squeeze finger but do not milk the area.
10. Use Hemocue Cuvette and fill to designated level. Dispose of supplies properly.
11. Curvette is placed in HemoCue machine and await reading.

Following chart shows risk levels for hemoglobin for children, men and women.

Category	Hemoglobin Should be above the following
Children	
6-23 months	11.0
24-59 months	11.1
Pregnant women	
1-13 weeks	11.0
14-26 weeks	10.5
27-40 weeks	11.0
Nonpregnant Women	
12-14 years	11.8
15-17 years	12.0
>18 years	12.0
Men	
>14 years of age	14.0

\*Smoking increases the hemoglobin levels

12. Refer abnormal high and low levels to the client's personal medical provider.
13. Record results in clients chart.
14. May provide Handout on Foods with iron and age appropriate values.