



University of the Philippines Manila
THE HEALTH SCIENCES CENTER
COLLEGE OF NURSING



*World Health Organization Collaborating Center for Nursing Leadership and Development
 Commission on Higher Education Center of Excellence*

Sotejo Hall, Pedro Gil St., Ermita, Manila

N11 – NURSING FOUNDATION II

Name: _____

Group: _____

Date: _____

TITLE:	CAPILLARY BLOOD GLUCOSE MONITORING (CBG)
DEFINITION/ DESCRIPTION:	Blood glucose monitoring tests the concentration of glucose in the blood (glycemia). A capillary blood specimen is taken to measure the current blood glucose level when frequent tests are required or when a venipuncture cannot be performed. It is much easier and less painful; thus clients can easily perform this on themselves.
PURPOSES:	<p>CBG monitoring or testing is done for the following purposes:</p> <ul style="list-style-type: none"> • To determine or monitor blood glucose levels of clients at risk for hyperglycemia or hypoglycemia. • To promote blood glucose regulation by the client • To evaluate the effectiveness of insulin administration • To reveal individual patterns of blood glucose changes, and help in the planning of meals, activities, and at what time of day to take medications.

PROCEDURE: TAKING THE CAPILLARY BLOOD GLUCOSE OF A CLIENT

	PROCEDURE	Done	Observed	Not Done	REMARKS
1.	<p>BEFORE THE PROCEDURE</p> <p>Confirm patient’s identity. Check the name on the patient’s identification bracelet (if available), using two patient identifiers (ask the patient’s full name and date of birth).</p>				
2.	<p>Explain to the client what you are going to do, why it is necessary, and how to participate.</p> <p>Discuss how the results will be used in planning further care or treatments.</p>				
3.	<p>PERFORMANCE OF THE PROCEDURE</p> <p>Perform hand hygiene and observe other appropriate infection prevention.</p>				
4.	<p>Provide for client privacy.</p>				

	PROCEDURE	Done	Observed	Not Done	REMARKS
5.	<p>Assemble equipment and supplies:</p> <ul style="list-style-type: none"> • Blood glucose meter (glucometer) • Blood glucose reagent strip compatible with the meter • 2 x 2 gauze • Antiseptic swab or cotton balls with alcohol (70% isopropyl) • Clean gloves • Single-use safety sterile lancet (a sharp device to puncture the skin) • Lancet injector (a spring-loaded mechanism that holds the lancet) • Sharps box or container 				
6.	<p>Prepare the equipment:</p> <ul style="list-style-type: none"> • Check the glucometer to make sure you know how it is used. Some meters turn on when a test strip is inserted into the meter. • Calibrate the meter and run a control sample according to the manufacturer's instructions and/or confirm the code number. 				
7.	<p>Select and prepare the vascular puncture site:</p> <ul style="list-style-type: none"> • Choose a vascular puncture site (e.g., the side of an adult's finger). • Avoid sites beside bone. Wrap the finger first in a warm cloth or <u>hold a finger in a dependent (below heart level) position</u>. If the earlobe is used, rub it gently with a small piece of gauze. • Clean the site with the <u>antiseptic swab</u> or soap and water and allow it to dry completely. 				
8.	<p>Obtain the blood specimen:</p> <ul style="list-style-type: none"> • Apply gloves. • Place the injector against the site, and release the needle, thus permitting it to pierce the skin. • Make sure the lancet is perpendicular to the site. • Prick the site with a lancet or needle, using a darting motion. • Gently squeeze (but do not touch) the puncture site until a drop of blood forms. • Apply or place the strip into the glucometer • Hold the reagent strip under the puncture site until adequate blood covers the indicator square. The pad will absorb the blood, and a 				

	PROCEDURE	Done	Observed	Not Done	REMARKS
	<p>chemical reaction will occur. Do not smear the blood.</p> <ul style="list-style-type: none"> • Some meters wick the blood by just touching the puncture site with the strip. • Ask the client to apply pressure to the skin puncture site with a 2*2 gauze. 				
9.	<p>Expose the blood to the test strip for the period and the manner specified by the manufacturer.</p> <p>As soon as the blood is placed on the test strip, wait for the result to appear based on the amount of time (usually in seconds) indicated by the manufacturer.</p>				
10.	<p>Measure the blood glucose.</p> <ul style="list-style-type: none"> • After the designated time, most glucose meters will display the glucose reading automatically. • Turn off the meter and discard the test strip and 2*2 gauze in a biohazard container. Discard the lancet into a sharps' container. • Remove and discard gloves. • Perform hand hygiene. 				
11.	<p>Document the method of testing and results on the client's record.</p> <ul style="list-style-type: none"> • If appropriate, record the client's understanding and ability to demonstrate the technique. • The client's record may also include a flow sheet on which capillary blood glucose results and the <u>amount, type, route, and time of insulin administration</u> are recorded. • Always check if a diabetic flow sheet is being used for the client. 				
12.	<p>Check for orders for sliding scale insulin based on capillary blood glucose results. Administer insulin as prescribed.</p>				

	PROCEDURE	Done	Observed	Not Done	REMARKS
13.	<p>EVALUATION</p> <p>Compare glucose meter reading with normal blood glucose level, status of puncture site, and motivation of the client to perform the test independently.</p> <p>Compare blood glucose reading to previous readings and the client's current health status.</p> <p>Report abnormal results to the primary care provider. Some agencies may have a standing policy to obtain a venipuncture blood glucose level if the capillary blood glucose exceeds a certain value.</p> <p>Conduct appropriate follow-up such as asking the client to explain the meaning of the results or demonstrating the procedure at the next scheduled test.</p> <p>Prepare the client for home glucose monitoring and review frequency, record keeping, and insulin administration if appropriate.</p>				

<i>Name of Student Observer & Signature</i>	<i>Name of Faculty & Signature / Date</i>