

Competency for Blood Glucose Monitoring

Staff Name: _____ Observer: _____

	YES	NO	N/A	COMMENT
1. Clean the machine with designated disinfecting wipe and allow for kill time. Ensure meter stays wet for the kill time listed. (nurse to identify specific kill time for product used)				
2. Knock on door, introduce yourself and explain what you will be doing. Bring in supplies.				
3. Wash hands and apply gloves				
4. Allow resident to wash his/her hands with soap and water if able, wipe finger with alcohol swab and allow to air dry				
5. Open the test strip vial and take one new test strip out of the vial and recap the vial quickly and firmly				
6. While the meter is off, insert the test strip into the meter's strip slot in the right direction (if no action is taken in 2 minutes, the meter will turn off automatically)				
7. Use a new lancet and apply it to the side of the tip of the chosen finger and let it puncture the skin				
8. Let it form a small round blood drop and apply it to the top of the test strip, holding the meter with the screen facing upward. The blood will be pulled into the confirmation window before the meter begins to count down.				
9. Apply pressure to puncture site with gauze or cotton ball until bleeding has stopped.				
10. The meter will start counting down for 6 seconds and the test result will be displayed on the screen. Remove the used test strip.				
11. Dispose of used test strip in designated container. (<i>Per facility policy</i>)				
12. Wash hands.				
13. Clean the machine with designated disinfecting wipe and allow for kill time. (nurse to identify <i>AGAIN</i> specific kill time for product used)				
14. Place disinfected glucometer into individual bag/container to decrease contamination.				

**Contact time, also known as kill time or dwell time, is the amount of time an EPA-registered disinfecting product needs to be present on a surface in order to be effective against the microorganisms listed on its label. Contact times usually fall between 30 seconds and 10 minutes, depending on the product.*

Staff Signature: _____ Date: _____

Observer Signature: _____