

Entity: University of Minnesota Medical Center, Fairview
 Department: Laboratory/Nursing
 Section: Point of Care
 Category: Provision of Care

Subject: GLUCOSE, PATIENT SELF-MONITORING DURING HOSPITALIZATION

Purpose: Provide accurate testing at the point of care, while ensuring regulatory compliance.

Policy: Because patient treatment is based on results, **most patients should be encouraged to rely on hospital glucose testing.** In some rare circumstances, patients may be encouraged to perform self-glucose testing to instill independence, e.g., cystic fibrosis or behavioral patients.

Procedure: Supplies
 Patient's meter and testing supplies.

Considerations

Test only capillary specimens on patient meters. Venous samples do not contain adequate oxygen to provide accurate results on all meters.

Patient Testing

1. As the patient requires, obtain physician order for self-testing.
2. The patient's nurse is expected to examine the patient's meter, strips and other testing supplies.
 - a. Do the strips used match the meter (both manufacturer and lot number coding)?
 - b. Is the measuring area clean (where strip is inserted)?
 - c. Is the meter adjusted for the lot number of strips in use?
 - d. Was the patient trained how to operate the meter?
 - e. Is the strip dating acceptable, i.e., not expired and have they been appropriately preserved, i.e., closed tightly?
 - f. Is quality control performed according to the manufacturer's instructions?
3. If the answers to the above questions are yes, perform one comparison between patient self-testing and the laboratory or patient care area glucose meter. Collect the capillary sample for lab or unit meter analysis and ask the patient to perform the test (with blood from the same puncture) using her/his own meter and supplies. Document the results of the comparison in the patient's medical chart. Results should agree within 20%.
4. If the patient result varies by more than 20% from hospital testing, the patient should not perform self-testing.
5. Patients who obtain inaccurate results should be encouraged to review their instructions and call the meter manufacturer's service line for help with problem solving.

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