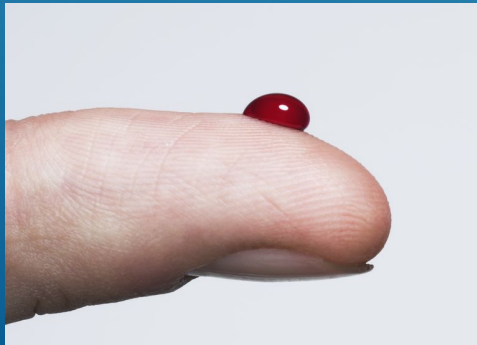


# GLUCOSE TESTING- FINGER PREPARATION & PROPER PLACEMENT FOR FINGER STICKING




# PRIOR KNOWLEDGE

- Glucometer Preparation
  - Turning glucometer on
  - Inserting testing strip into glucometer
- Lancing Device Preparation
  - Inserting needle/removing needle
- Testing strip (applying sample)



# LEARNING OBJECTIVES

- Understand the steps of proper of finger preparation for glucose testing and finger sticking placement
  - Be able to demonstrate proper procedure for finger preparation and finger sticking placement
  - Identify the importance of why proper finger preparation and the proper procedure for finger sticking for glucose testing is important
  - Be able to inform and educate others on why following these steps and procedures is important
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# STEPS FOR FINGER PREPARATION

- Make sure hands are clean
  - soap and warm water, sanitizer or alcohol wipe for finger being stuck
- Massage/Milk finger you're preparing to stick
  - Towards the fingertip
  - Adequate blood flow to finger
- Allow for dry time
  - DO NOT blow on finger
  - Allow finger to air dry
  - We want finger to remain clean





# FINGER PREPARATION EXAMPLES



Remember to allow time for hands/finger to air dry!



Massaging/milking can be done while cleansing hands/finger being stuck

# PROPER PLACEMENT FOR FINGER STICKING

- Avoid sticking middle of finger with lancing device

  - WHY?

  - More sensory nerve endings

- Stick along the sides of the fingertip with lancing device

  - Contains less sensory nerve endings

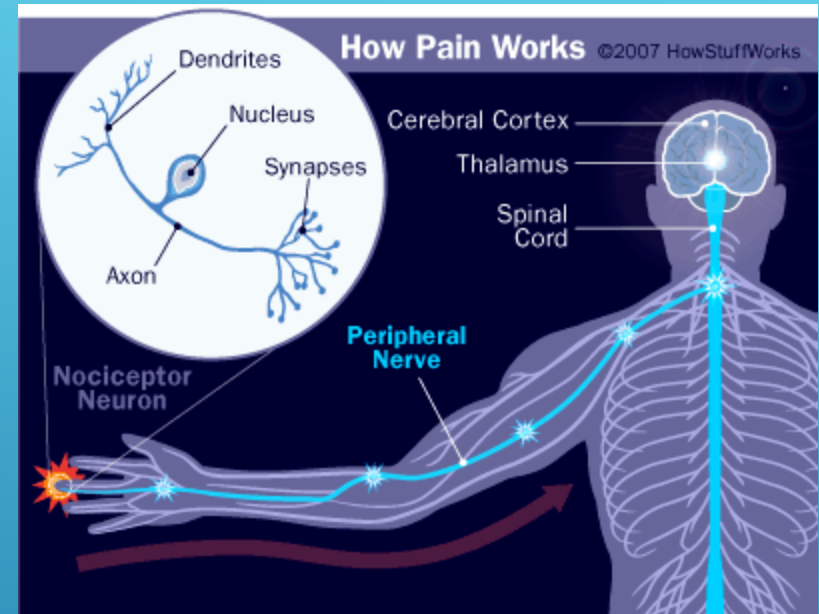
  - Less pain

  - Increased adherence

- May need to massage/milk finger for adequate blood sample

  - Adequate sample is important!

  - Want to ensure only one stick!



# PROPER PLACEMENT FOR FINGER STICKING EXAMPLE



Any comments on this picture?

Would you recommend that someone stick their finger this way?



# PROPER PLACEMENT FOR FINGER STICKING EXAMPLE



Any comments on this picture?

Would you recommend that someone stick their finger this way?



# PROPER PLACEMENT FOR FINGER STICKING EXAMPLE



Any comments on this picture?

Would you recommend that someone stick their finger this way?

# WHY IS THIS IMPORTANT? HOW IS THIS BENEFICIAL?

-Infection Prevention

-Always high priority!

-Accuracy of blood sugar results

-False high readings

-Danger for those who correct blood sugars with insulin

-Increase in adherence of blood sugar monitoring

-Ensure only one stick

-Again, less pain

-Educate, educate, educate

-Family members, friends, colleagues, peers

## Glucose testing routine

Here's a routine you can follow when monitoring your blood sugar. It can help prevent infection and ensure more accurate results.



**1** Wash your hands with warm, soapy water, and dry well.



**2** If you use an alcohol swab, make sure the area is dry before testing.



**3** Prepare a clean needle for insertion into the lancet device.



**4** Remove a test strip from your box of strips and make sure to close the box.



**5** Stick the side of your fingertip with the lancet.



**6** Make sure the drop of blood is enough for an accurate reading. Don't touch the strip; just let the blood drop on it.



**7** Stop bleeding by applying pressure on the fingertip with a clean cotton ball or gauze pad.

## 6 tips to prevent sore fingertips

1. Prick the side of your finger, not the pad.
2. Hang your hand and arm down, allowing blood to pool in your fingertips, and squeeze your fingertip gently. You can help increase blood flow by washing with warm water before you prick.
3. Don't prick the same finger all the time. Establish a pattern to spare the same finger from being pricked too often.
4. If a finger becomes sore, don't prick that finger for several days. You've got nine others to choose from.

5. Don't test on the same finger each time. As part of your routine, establish which finger you'll use and when so that you never repeat on the same finger during the same day.
6. If all your fingers are sore, consider alternate testing sites with other meters.



# A LOOK AHEAD TO NEXT WEEKS DISCUSSION

-What does the number on the glucometer mean?

-High, low or within normal range

-Blood sugar parameters

-American Diabetes Association recommendations

-Identifying signs/symptoms of hyperglycemia and hypoglycemia

-Awareness

-Interventions for hyperglycemia and hypoglycemia

-When to intervene and when to seek medical attention

