

COMMUNITY NURSING PRACTICUM: CARE OF THE OLDER ADULT WITH DIABETES

Glucose Testing- Finger Preparation & Proper Placement for Finger Sticking

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PRIOR KNOWLEDGE

Question:

What are some best practices when using glucose testing supplies? How can this knowledge help with today's lesson? Please share your thoughts in a video post.



DIABETES FACTS

According to the Centers for Disease Control and Prevention (2018)

-30.3 million American adults and children have Diabetes


-23.1 million are diagnosed

-7.2 million of the 30.3 million are undiagnosed

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LEARNING GOALS

By the end of this lesson you should be able to:

- Discuss best practices for finger preparation and proper finger sticking as well as some concerns and barriers patients may have**
 - Apply these best practices and educate patients/family members on why these best practices are important**
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STEPS FOR FINGER PREPARATION

Make sure hands are clean


-Use soap and warm water, sanitizer or use alcohol wipe to finger being stuck (depends on availability)

-Best to use soap and warm water, then dry with towel or paper towel

-Rub hands together for at least 20 seconds

STEPS FOR FINGER PREPARATION

Allow for dry time

- When using sanitizer or alcohol wipe, allow hands/finger to air dry**
 - DO NOT blow on finger!**
 - Goal is to keep finger to be stuck as clean as possible**
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STEPS FOR FINGER PREPARATION

Massage/Milk finger you're preparing to stick

**-Milk/massage towards the tip of
the finger**

**-Milking/massaging the finger allows for
adequate blood flow to the area for
sticking**

PROPER PLACEMENT FOR FINGER STICKING

Avoid sticking middle of finger with lancing device

- More sensory nerve endings**
- Increase pain/discomfort for patient**

Stick along the sides of the finger with lancing device

- Contains less sensory nerve endings**
- Less pain and increase comfort for patient**
- Increased adherence with blood sugar monitoring**

PROPER PLACEMENT FOR FINGER STICKING

May need to massage/milk finger again after sticking to ensure blood sample is adequate

-Adequate sample is important for accuracy and adherence

-Want to ensure only one stick!

Use a different finger to stick with every blood sugar test

-Again, less pain/discomfort

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VT ACTIVITY

WATCH: Watch video in the link provided attached to this slide

THINK: What do you see as best practice? Do you see anything that you would not consider best practice? How do you think the nurse/patient interaction can be improved?

PROMT: Share your thoughts by posting a video comment

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WHY IS BEST PRACTICE IMPORTANT?

Infection Prevention

- Risk for infection is present with invasion procedures
- Infection prevention is priority!

Accuracy of blood sugar results

- Risk of false high readings if proper steps are not followed
- Potential danger for patients who correct their blood sugar with insulin

WHY IS BEST PRACTICE IMPORTANT?

Increase adherence of blood sugar monitoring

- Ensure only one stick the first time**
- Again, less pain/discomfort**

Educate, educate, educate

- Patients**
 - Family members**
 - Caregivers**
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ONLINE DISCUSSION BOARD POST

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.



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QUESTIONS?

Please feel free to contact me with any questions you may have regarding this lesson.

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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