

P290 LFD PROCEDURE PROTOCOL: FINGER STICK FOR BLOOD GLUCOSE

EMT	AEMT	EMT-I	Paramedic
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Indications

- A. Suspected diabetic emergencies.
- B. Any coma of unknown etiology.
- C. Status epilepticus of uncertain etiology.
- D. Syncope, stroke, or seizures with focal deficit.
- E. Altered mental status.

Therapeutic Effects

- A. Gives estimated blood glucose level.

Contraindications

- A. None

Adverse Effects

- A. None

Equipment

- A. Lancet, lancing device (optional).
- B. Gloves and face protection, as necessary.
- C. Antiseptic solution. (Note: alcohol may reduce the accuracy of the glucose test strip, be sure to let it dry before lancing finger).
- D. Bandaid.
- E. Glucose test strip for glucose determination of capillary or venous blood.

Procedure

- A. Put on gloves and use face protection, as necessary.
- B. Assemble all necessary supplies and equipment.
- C. Select a suitable site (generally the dependent side of the second or third digit of either hand).
- D. Prepare the site. Cleanse the site thoroughly with antiseptic solution. Let the site dry.
- E. Use your thumb proximal to the puncture site to function as a mild tourniquet and to stabilize the skin over the puncture site.
- F. Gently puncture the site with the lancet.
- G. Dispose of the lancet in a biohazard container.
- H. "Milk" the finger by applying gentle pressure to the site, then let go, allowing blood to fill finger, then squeeze again.
- I. Turn the finger over and allow the accumulated drop of blood to drip freely onto the strip. Do not "wipe" the blood off of the finger with the strip.
- J. Follow manufacturer's directions on reading the glucose test strip.
- K. Cleanse the site again with antiseptic solution. Apply a dry, sterile dressing (Band-Aid is fine).

Special Information

- A. If the patient is very dehydrated or has poor circulation to extremities, then the results may be inaccurate.