

Checklist: Perform Fingerstick Capillary Blood Glucose Test

Perform Fingerstick Capillary Blood Glucose Test	Able to Perform	Unable to Perform
1. Carry out initial procedure actions: <ul style="list-style-type: none"> – Knock before entering. – Introduce yourself. – Identify the resident according to facility policy. – Explain the procedure. – Provide privacy. – Perform hand hygiene. 	<input type="checkbox"/>	<input type="checkbox"/>
2. Assemble equipment: <ul style="list-style-type: none"> – Blood glucose meter/glucometer – Test strips – Lancet device and sterile lancet – Disposable gloves – Alcohol swab if required by facility policy – Cotton ball or gauze – Bandage if needed – Sharps container – Documentation sheet/electronic charting access 	<input type="checkbox"/>	<input type="checkbox"/>
3. Verify physician order/care plan and confirm timing of blood glucose test according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
4. Check glucometer: <ul style="list-style-type: none"> – Ensure machine is functioning properly – Verify calibration/quality control if required – Confirm test strips are not expired. 	<input type="checkbox"/>	<input type="checkbox"/>
5. Perform hand hygiene and apply gloves.	<input type="checkbox"/>	<input type="checkbox"/>
6. Prepare test strip according to manufacturer instructions: Insert strip into glucometer if required.	<input type="checkbox"/>	<input type="checkbox"/>
7. Select puncture site: <ul style="list-style-type: none"> – Usually side of fingertip – Avoid bruised, swollen, cold, or injured fingers. 	<input type="checkbox"/>	<input type="checkbox"/>
8. Warm resident's hand if needed to improve blood flow.	<input type="checkbox"/>	<input type="checkbox"/>
9. Clean puncture site with alcohol swab if required by facility policy and allow it to dry completely.	<input type="checkbox"/>	<input type="checkbox"/>
10. Use a lancet device to puncture the side of the fingertip quickly and safely.	<input type="checkbox"/>	<input type="checkbox"/>
11. Wipe away the first drop of blood if required by facility policy or manufacturer instructions.	<input type="checkbox"/>	<input type="checkbox"/>
12. Gently apply pressure to finger to obtain blood sample: <ul style="list-style-type: none"> – Do not excessively squeeze or milk finger. 	<input type="checkbox"/>	<input type="checkbox"/>
13. Apply blood sample to test strip according to glucometer instructions.	<input type="checkbox"/>	<input type="checkbox"/>
14. Apply gauze or cotton ball to the puncture site until bleeding stops.	<input type="checkbox"/>	<input type="checkbox"/>
15. Apply bandage if needed and allowed by facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
16. Read and record blood glucose results according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
17. Observe resident for signs/symptoms of abnormal blood glucose, including: <ul style="list-style-type: none"> – Sweating – Shakiness – Confusion 	<input type="checkbox"/>	<input type="checkbox"/>

<ul style="list-style-type: none"> - Dizziness - Weakness - Altered behavior - Decreased responsiveness. 		
18. Dispose of lancet immediately into approved sharps container: <ul style="list-style-type: none"> - Never recap lancets. - Never place sharps in regular trash. 	<input type="checkbox"/>	<input type="checkbox"/>
19. Dispose of contaminated supplies according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
20. Remove gloves and discard properly.	<input type="checkbox"/>	<input type="checkbox"/>
21. Perform hand hygiene.	<input type="checkbox"/>	<input type="checkbox"/>
22. Clean glucometer according to manufacturer instructions and facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
23. Ensure resident comfort and safety: <ul style="list-style-type: none"> - Bed in lowest position if applicable - Call light within reach - Resident is comfortable. 	<input type="checkbox"/>	<input type="checkbox"/>
24. Carry out ending procedure actions: <ul style="list-style-type: none"> - Document blood glucose results according to facility policy. - Report abnormal results promptly to the nurse. - Report signs/symptoms of hypoglycemia or hyperglycemia immediately. 	<input type="checkbox"/>	<input type="checkbox"/>