

Finger Stick Blood Glucose Competency Check-Off

The key steps and skills required to conduct a finger stick blood glucose screening are listed below. The student's competency level in each area is rated by an evaluator according to the following criteria:

Not done: Student fails to execute the step.

Attempted but incorrect: Student attempts the step but does not correctly perform entire procedure.

Correctly performed: Student correctly performs the steps without prompting from evaluator or patient.

The student pharmacist:

<u>Test Step</u>	<u>Not Done</u>	<u>Attempted but Incorrect</u>	<u>Correctly Performed</u>	<u>Comments</u>
Preparing patient for screening				
1. Introduces self and explains screening process.				
2. Asks patient questions to determine presence or absence of risk factors for high blood glucose.				
a. Have you been diagnosed with diabetes?				
b. What is your usual blood glucose range?				
c. What medications do you take?				
3. Asks about symptoms of hyperglycemia.				
a. Have you been thirsty more often than usual?				
b. Have you been hungrier more often than usual?				
c. Have you had to urinate, pee, or go to the bathroom more often than usual?				
4. Determines if the patient has been fasting (not consumed anything besides water in the last 8 hours).				
5. Asks patient about hand and finger preference.				
6. Instructs or performs maneuvers to encourage blood flow.				
Taking blood glucose				
7. ** Puts on gloves before lancing finger. **				
8. Uses alcohol wipes to cleanse the patient's fingertip and allows to thoroughly dry.				
9. Inserts the test strip into the blood glucose meter.				

10. ** Applies appropriate lancet to prick patient's fingertip at appropriate site. **				
11. ** Discards lancet in sharps container. **				
12. Wipes away first drop of blood.				
13. Gently squeezes patient's fingertip to encourage blood flow and does NOT milk the finger.				
14. ** Applies sample ensuring test strip is adequately filled with blood in an appropriate amount of time in order to avoid meter error. **				
15. ** Applies the subsequent drop of blood to the appropriate area of the test strip. **				
16. Wipes off excess blood from patient's fingertips and applies band-aid if necessary.				
17. Discards meter strip in sharps container.				
18. ** Cleans meter with bleach wipe. **				
19. ** Discards gloves, cotton ball, alcohol swab, bleach wipe, and underpads in biohazard bag. **				
20. Discards any remaining waste (wrappers, etc.) in regular trash.				
Interpreting screening results				
21. ** Informs patient of the results (provided by evaluator) and explains the meaning of the reading. If applicable, advises that several readings are required before a diagnosis of diabetes can be made. **				
Competency Demonstrated				Yes / No

Evaluator's signature: _____ Date: _____

Comments:

Steps designated with ** ** are deemed critical steps and a student must achieve "Correctly performed" on all critical steps to pass the competency check. Overall, the student must also achieve "Correctly performed" in at least 75% of the steps to pass the competency check.