FOOTHILL COLLEGE EMS PROGRAMS
GLUCOMETER BLOOD TESTING
SKILLS LABS

PERFORMANCE OBJECTIVE

Rescuer will demonstrate their ability to assess and treat a patient with an altered mental status. Taking More than 10 minutes is a "FAIL" for this skill.

CONDITIONS

The patient is conscious, sitting, disoriented. The scene is safe.

EQUIPMENT

EMS Jump Bag PPE Glucometer New Test Strips New Stylet Alcohol Pad Band Aid Sterile 2x2, 0r 4x4 Sharps Container

PRACTICE SKILLS SHEETS
Rescuer States: "I would perform PENMAN" and report patient's General Impression
Rescuer Introduces self: "Hello, my name is _____I'm an EMT. I'm going to help you."
Rescuer States: "I would complete an initial assessment. This patient's mental state is impaired."
Rescuer States Rationale for Blood Glucose Monitoring: "If my patient has an Altered Level of Consciousness, I will check their blood sugar to determine if that could be the cause." "I would be looking for a normal reading between 80 and 120 mg/dl"
Rescuer States: "Signs and Symptoms of Hypoglycemia (Low Blood Sugar) include: 1. Irritability, Nervousness and Trembling
2. Confusion, Combative or Psychotic behavior
3. Appearance of intoxication, Drowsiness, Weakness, Uncoordinated movements
4. Weak, Rapid pulse, Cold, Clammy skin,
5. Seizures
6. Unconscious to comatose
Rescuer States: "Signs and Symptoms of Hyperglycemia (High Blood Sugar) include: 1. Diuresis/Urinates a lot (Polyuria), Drinks a lot of fluid (Polydipsia),
2. Tachycardia (thready pulse), Deep and labored breathing, Orthostatic hypotension
3. Warm, dry, skin, Dry mucous membranes
4. Acidosis, Acetone breath odor, Weight loss, ALOC."
5. Abdominal pain, Nausea/Vomiting
6. Unconscious to comatose
Rescuer Gathers Supplies and Sets-up as They Explain Calibrating Glucometer to Proctor- A. Rescuer prepares all equipment and supplies on a clean surface to include: 1. Assures that glucometer is calibrated to new test strip 2. Ensures glucometer is ON 3. Inserts a new test strip into the glucometer 4. Inserts a new stylet inside the lancing device 5. Lancing device set at desired depth 6. Stages Alcohol Pad 7. Sterile 2"x2" Gauze 8. Band Aid 9. Sharps Container
Rescuer States, as They Explain Procedure to Patient: "I'm going to collect a drop of blood to use with the glucometer to determine your blood sugar level."
Rescuer Will Perform on Manikin Finger: "I will cleanse the selected finger with an alcohol pad on the lateral side of the finger."[NOTE: Avoid the center part of the finger pad and the fingertip]

Rescuer Will State: "I will use the lancing device to obtain a blood sample." Holds the patient's finger and places the lancing device in the cleansed area and activates the spring action.
Rescuer Will State: "I will squeeze the finger to draw blood and wipe it off with a 2"x2" gauze" [NOTE: The first drop of blood may be contaminated with alcohol and result in an incorrect reading.]
Rescuer Will State: "I will squeeze the finger again and I will place the next blood specimen on the test strip." Hold the glucometer and bring the finger to place the drop of blood on the test strip and wait about 5 seconds for reading
Rescuer Will State: "I will place a bandage on the fingertip and advise the patient to place direct pressure for about 3 minutes.
Rescuer Will State: "I will read the glucometer and record results on the PCR." The rescuer should verbalize what the normal glucose range is and where the results fit into this range.
Rescuer Will State: "I will dispose of lancet (sharps) and test strip (hazmat) in the sharps container."
Rescuer Will State: "If blood glucose reading is below 80 mg/dl; administer glucose paste or sugary beverage, if patient is able to swallow"
Rescuer Performs: Will put away all equipment and supplies properly for the next use.
Rescuer Will State: "I will read and record results on the PCR."

The following are evaluated during the testing process
Critical Criteria

____Failure to take or verbalize appropriate PENMAN
___ Failure to dispose of blood contaminated sharps immediately at the point of use
___ Contaminates equipment or site without appropriately correcting situation
___ Failure to identify 4 S/S Hyperglycemia
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____Failure to identify 2 potential complications
___ Failure to identify normal blood glucose parameters
___ Exhibits unacceptable affect with patient or other personnel
____Failure to manage patient as a competent EMT
____Fails to obtain reading in 10 minutes