# Kittitas County Prehospital Care Protocols

**SUBJECT: BLOOD GLUCOSE CHECK & ORAL GLUCOSE ADMINISTRATION (EMT & EMR-BGC only)**

**INDICATIONS FOR USE:**

- Patient has a history of diabetes and could have an abnormal glucose level.
- Patient has an altered mental status of unknown origin.
- Patient has experienced seizure like activity.

**CONTRAINDICATIONS FOR USE:**

- Test strip is out of date.
- Use of strips or instrumentation has failed and corrective action will delay patient care.

**PROCEDURE:**

1) Universal precautions/BSI shall be in place and appropriate disposal of contaminated sharps.

2) Assemble and prepare equipment (glucometer, test strip, lancet, alcohol prep pad, 2x2 gauze, and/or band-aid)

3) Prepare patient for the procedure. Selected finger (second, third or fourth digit) should be lower than the level of the heart and appropriately scrubbed with alcohol prep pad. Let dry.

4) Obtain specimen. Advise patient to look away (to prevent flinching movement that can cause more damage) and activate lancet needle to pierce the skin according to manufacturer's instructions.

5) Perform blood glucose test and maintenance according to manufacturer's instructions.

6) When sufficient blood is obtained, clean the area with the 2x2 gauze as needed to begin the coagulation process. Apply a band-aid.

***7)*** **Administer oral glucose if (EMTs+)*:***

- BG level is **below 70mg/dL,**
- Patient can follow directions and can swallow, and
- Intact gag reflex, then
    - Administer one tube of oral glucose and
    - Wait approximately 5-10 minutes and recheck blood glucose

8) Document the glucose testing results and treatment on the patient's medical incident report for the continuum of care.

9) **Per online Medical Control (EMTs+)**, patient may be left at home in the care of a responsible adult when:

- Patient does not want to be transported,
- Patient is a known diabetic and is advised to follow-up with healthcare provider,
- Patient is witnessed eating a sandwich, and
- Patient's follow-up blood glucose level is at least 100 mg/dL