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Diploma in Pharmacy 2nd Year

Community Pharmacy & Management

Experiment

To monitor blood glucose using glucometer.

Aim:

To monitor blood glucose using glucometer.

Reference :

‘ Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Gupta Richa, “Practical Manual of Community Pharmacy and Management” Published by Nirali Prakashan, Page no 17 – 20

Materials Required

Glucometer, needle, test strip, cotton wool, chair, patient's care notes or observation chart, monitoring diary, lancing device, and sharps bin.

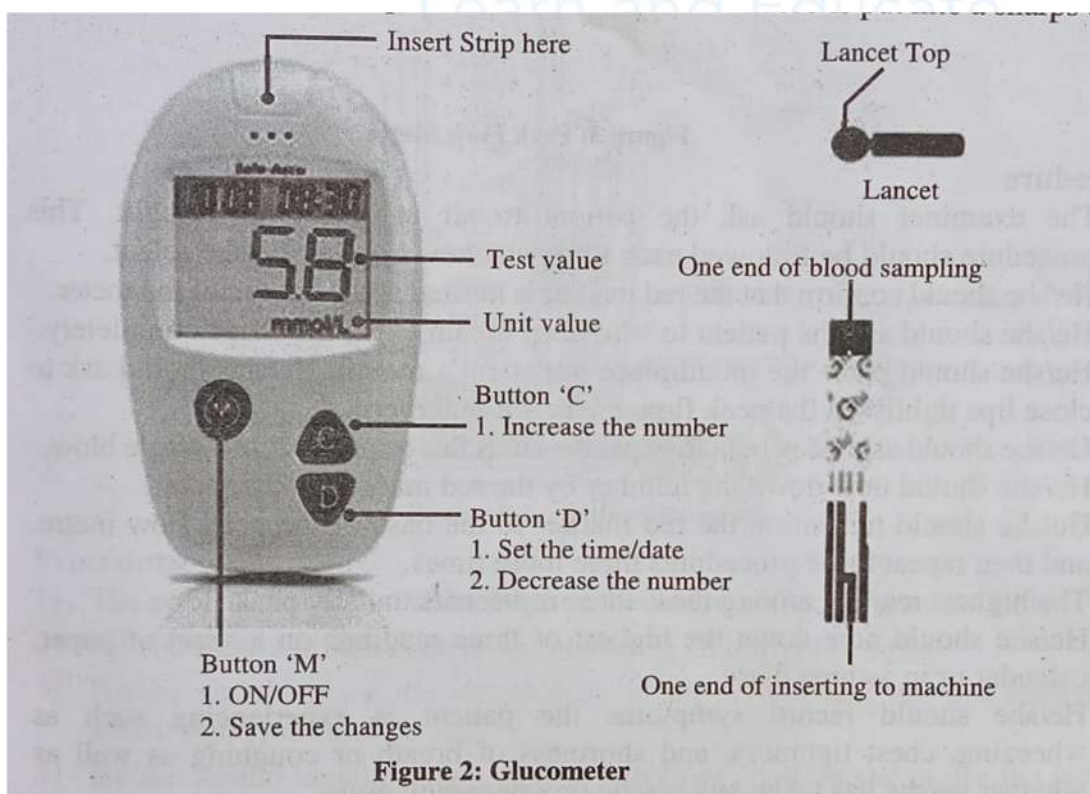
Theory :

- Capillary Blood Glucose Monitoring (CBGM) is important to maintain levels of diabetes control associated with a lower risk of acquiring diabetic complications. It is important that the CBGM data be used to change treatment in order to achieve the suggested blood glucose targets.
- Most glucometers today use an electrochemical method. Test strips contain a capillary that sucks up a reproducible amount of blood. The glucose in the blood. reacts with an enzyme electrode containing glucose oxidase (or dehydrogenase).

Procedure

- ✓ Prepare your kit for testing.
- ✓ Ensure that the lancing device is primed with a new lancet.
- ✓ Wash and dry your hands to ensure that the result is not influenced by any sugars that may be present on your fingers.

- ✓ A fuller drop of blood will be obtained if your fingers are warm, so it's worth warming your hands by washing with warm water and rubbing them for 10 seconds.
- ✓ Put a test strip into your meter, make sure it switches on and is ready.
- ✓ Prick your finger with the lancing device at the sides of the finger as there are less nerve ending here than at the tips or the 'pads. Switch fingers regularly to prevent thickening of the skin. You may want to avoid using your little finger due to the skin being thin.
- ✓ If your hands are warmed up you shouldn't need to squeeze your finger for a blood drop, if necessary apply light pressure to the surrounding area until a blood drop appears. Squeezing too hard can interfere with results.
- ✓ Wipe away the first blood drop with clean cotton wool and use the second blood drop for testing (careful not to smear the drop).
- ✓ Gently touch the blood drop with the test strip in the meter, wait a few seconds for result to appear.
- ✓ If the test is successful, clean any blood off your finger with the cotton wool if necessary.
- ✓ Record the result/details in a monitoring diary
- ✓ Dispose of the test strip and ensure that the lancet used is put into a sharps bin

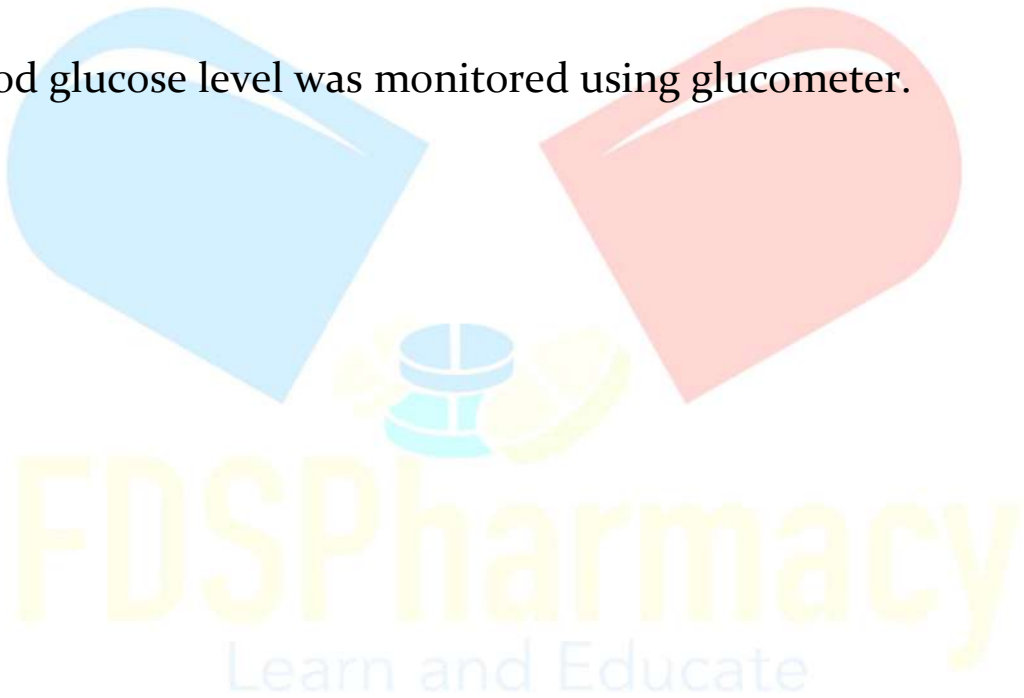


Observation

The blood sugar level less than 140 mg/dL (7.8 mmol/L) is normal. A reading of more than 200 mg/dL (11.1 mmol/L) after two hours indicates diabetes. A reading between 140 and 199 mg/dL (7.8 mmol/L and 11.0 mmol/L) indicates prediabetes.

Result :

Blood glucose level was monitored using glucometer.



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