Purpose:
To identify and minimize the risks of infection associated with Blood Glucose Monitoring in the ambulatory setting. An underappreciated risk of blood glucose testing is the opportunity for exposure to bloodborne viruses (HBV, hepatitis C virus, and HIV) through contaminated equipment and supplies if devices used for testing and/or insulin administration (e.g., blood glucose meters, fingerstick devices, insulin pens) are shared. The risk of infection is present in any setting where blood glucose monitoring equipment is shared or those assisting with blood glucose monitoring and/or insulin administration fail to follow basic principles of infection control.

Policy:
Premier Medical Group health care employees will adhere to the CDC guidelines of infection control and safety, as well as disinfection of glucose monitor equipment and the implementation of single use safety devices for blood glucose monitoring.

Procedure:
The Centers for Disease Control and Prevention (CDC) has become increasingly concerned about the risks for transmitting hepatitis B virus (HBV) and other bloodborne pathogens to persons undergoing fingerstick procedures for blood sampling -- for instance, persons with diabetes who require assistance monitoring their blood glucose levels. Reports of HBV infection outbreaks linked to diabetes care have been increasing.

Blood Glucose Monitoring:

Fingerstick Devices
- Restrict use of fingerstick devices to individual persons. Do not use for more than one person.
- Select single-use lancets that permanently retract upon puncture, adding an extra layer of safety for the patient and the provider.
- Dispose of used lancets at the point of use in an approved sharps container. Lancets are not to be reused.

Blood Glucose Meters
- Whenever possible, blood glucose meters should be assigned to an individual person and not be shared.
- If blood glucose meters must be shared, the device should be cleaned and disinfected after every use, per manufacturer’s instructions, to prevent carry-over of blood and infectious agents. If the manufacturer does not specify how the device should be cleaned and disinfected then it should not be shared.
General:
- Unused supplies and medications should be maintained in clean areas separate from used supplies and equipment (e.g., glucose meters). Do not carry supplies and medications in pockets.

Insulin Administration:
Insulin pens should be assigned to individual persons and labeled appropriately. They should never be used for more than one person.
- Multiple-dose vials of insulin should be dedicated to a single person whenever possible.
- If the vial must be used for more than one person it should be stored and prepared in a dedicated medication preparation area outside of the patient care environment and away from potentially contaminated equipment.
- Medication vials should always be entered with a new needle and new syringe.
- Dispose of used injection equipment at point of use in an approved sharps container. Never reuse needles or syringes.

Hand Hygiene:
- Hand washing with soap and water or use of an alcohol-based hand rub is mandatory.
- Wear gloves during blood glucose monitoring and during any other procedure that involves potential exposure to blood or body fluids.
- Change gloves between patient contacts. Change gloves that have touched potentially blood-contaminated objects or fingerstick wounds before touching clean surfaces. Discard gloves in appropriate receptacles.
- Perform hand hygiene immediately after removal of gloves and before touching other medical supplies intended for use on other persons.

Cleaning / Disinfection:
- Cleaning and disinfection between patients is important. Specific recommended manufacturers cleaning procedures or solutions for glucometers are contained within the user guides from the manufacturer and are to be followed.

References:
CDC Guidelines for Infection Prevention during Blood Glucose Monitoring and Insulin Administration.
www.cdc.gov/injectionsafety/blood-glucose-monitoring.html#BGMIA

Date Policy is to be reviewed: 08/15