


# SOCP Breeze2 Glucometer Training

Checking a client's  
blood sugar levels

A title slide for a training presentation. It features a large speech bubble containing the title "SOCP Breeze2 Glucometer Training". Below the speech bubble, there is a small image of a Breeze2 glucometer and a box of test strips. A yellow box at the bottom right contains the text "Checking a client's blood sugar levels".

## Breeze2 Monitor

- ❑ This monitor is very simple to use
- ❑ Contains a cartridge resembling a wheel that has 10 strips.
- ❑ Easy to read
- ❑ Step by Step process



The Breeze2 Monitor is a small, handheld device with a blue and white color scheme. It has a small LCD screen at the top and a circular dial below it. The dial is used to insert and rotate the test strip cartridge.

## Testing for blood sugar level



- Diabetics need to regularly test their blood.
- A simple test will tell them how much sugar or glucose they have in their blood at that time.
- The test will help them decide how many carbs they need to eat and how much insulin to take.
- Blood testing is easy!

## Testing Blood

1. Gather supplies - meter, lancet, alcohol, and gloves
2. Wash hands
3. Put on gloves
4. Get meter ready
5. Lance the finger
6. Apply blood to strip
7. Wait for results; check manual instructions

## Supplies commonly used

- Glucometer - meter to test glucose (sugar)
- Uses one drop of blood to tell you how much glucose is currently in the bloodstream






The image shows a hand holding a Breeze2 glucometer. The device is blue and white with a small screen and a dial. The second image is a close-up of the Breeze2 glucometer, showing the dial and the screen.

## Testing strips

- Are used to draw up a drop of blood on the strip and into the meter


Note: dispose of strip with blood in sharps box.



The first image shows a box of Breeze2 test strips. The second image shows a hand applying a drop of blood to a test strip. The third image shows a hand inserting a test strip into the Breeze2 glucometer.


### Lancets

- Fine needle used to prick fingertip
- Wipe the fingertip down first with alcohol and dry with a cotton ball.
- Some include a quick action movement
- Examples:




### To get the reading...

- Hold the meter comfortably in one hand. Firmly grasp the meter handle with the other hand (shown here). Now, just "Pull and Push"—"Pull" the handle out until it stops and "Push" it back in until it stops again.
- After the meter handle is pushed in, the release button is UP, a test strip is pushed out, and a series of "apply blood" prompts appears. The meter is now ready to run a blood glucose test.




### To get the reading....

- Stick finger and form a small round drop of blood.
- Your test strip is like a straw—it sips in a sample of blood. Move the entire front edge of the test strip until it touches the edge of the blood drop. The blood is automatically pulled into the test strip and fills the test strip.
- Hold the test strip in place until the meter beeps, then move the meter away.



### After results of blood sugar...

- After the beep, the display counts down from "5" to 1."
- Your test result then appears on the screen.
- To release the used test strip, hold the meter with the test strip pointing down over a waste container. Press the release button. Be sure the heel of your hand is not against the meter handle.




### If insulin is needed...

- The diabetes plan will say when and how much insulin to give, based on the blood test results.
- Some clients give their own insulin injection
- You may need to draw up the insulin if trained and delegated to do so for the specific client.
- You will need to watch them, or maybe hand them some supplies, to be sure it was done safely and correctly.

### Giving insulin

- Check Diabetes Medical Plan for order on how much insulin to give
- This is an insulin syringe; it is different from other syringes



### Mixing the insulin

- Gently roll the vial between your hands to mix the insulin



### Draw out the units needed

1. Push plunger on syringe to eliminate air inside barrel.
2. Draw back plunger to the level of units needed.
3. Insert that much air into the vial using needle.
4. Pull back on syringe to take out the exact number of units you need.



### Measure the units carefully

- Draw up insulin to the line marked; for example if client needs 20 units, go to line marking 20



### Administering the insulin

- Wipe the area with alcohol
- Insulin is intended to be given subcutaneously or just below the skin - do not go deep
- If ordered the client will give their own injection
- Discard all needles and syringes into sharps box.



### Documentation

- Record the results of the testing in the client's MAR
- If retested for any reason be sure to document the results in the MAR under prn CBG check.
- If controls are done on a weekly basis or for any reason document the results on the MARS.
- Any time the glucometer is used for a CBG the results must be documented.

### DIABETES PLAN

- ✓ Be familiar with specific medical plan for each diabetic client
- ✓ Contact outreach nurse with questions
- ✓ Know where client's supplies and snacks are stored
- ✓ Have easy access to emergency contact phone numbers
- ✓ Notify all staff of location of diabetes care plan

### Hints for Success

- ✓ When in doubt, call outreach nurse or physician
- ✓ Follow instructions in the diabetes medical management plan.
- ✓ Plan ahead for outings.
- ✓ Plan ahead for changes in the client's daily schedule related to meals, blood glucose checks, and medications.
- ✓ Don't hesitate to ask questions about care

### THANK YOU !

- You have now finished the slide presentation.
- Your outreach nurse or on-call nurse is always available for questions.
- Questions or concerns are important so don't hesitate to check with site managers or nurses.