Capillary blood glucose monitoring
Definition

**Blood glucose monitoring** is a way of testing the concentration of glucose in the blood (glycaemia).
Diabetes mellitus type 2

Formerly non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes – is a metabolic disorder that is characterized by high blood glucose in the context of insulin resistance and relative insulin deficiency.
Diabetes mellitus type 1

Is a form of diabetes mellitus that results from autoimmune destruction of insulin-producing beta cells of the pancreas. The subsequent lack of insulin leads to increased blood and urine glucose.
For the majority of healthy individuals, normal blood sugar levels are as follows:

- The normal blood glucose level in humans is about 4 mmol/L – 7 mmol/L.
- Shortly after eating the blood glucose level may rise temporarily up to 7.8 mmol/L or a bit more in non-diabetics.
Hyperglycaemia

Is a condition in which an excessive amount of glucose circulates in the blood plasma. This is generally a glucose level higher than 10 mmol/L.
Hypoglycaemia

Is the medical term for a state produced by a level of blood glucose lower than 4 mmol/L.
Hypoglycaemia Symptoms

• Irritability
• Unexplained tiredness/Exhaustion
• Faintness
• Dizziness
• Tremors
• Cold Sweats
• Weakness (especially noticeable as being "weak at the knees")
Capillary glucose monitoring instructions

- Wash patient’s hands thoroughly before beginning your capillary blood glucose check or use some cotton wall and tap water to clean finger.
- Insert the test strip so that the collection field is pointing up and away from the meter.
- Firmly place the lancet pen against the area to be tested and depress the button.
- Wipe off the initial blood drop.
Capillary glucose monitoring instructions

• Squeeze the area, starting away from the puncture and moving inward to aid in obtaining blood sample.
• Place drop onto testing strip or place end of testing strip into the drop of blood (see your owner's manual for best option)
• Check for sample acceptance and allow time for the machine to work. Apply firm pressure to puncture with an alcohol wipe, gauze or a bandage while you wait.
• Record glucose level and follow guidelines pertaining to necessary actions for low or high glucose levels.
Video demonstrating capillary blood sampling

http://www.youtube.com/watch?v=ybEZmHu7Gds&feature=related
Any questions?
References


