

DIABETIC MONITORING



POLICY:

The Adult Family Home will assist residents with diabetes to manage their condition through medication management, monitoring, and providing healthy food options.

PROCEDURE:

1. During the pre-admission assessment, resident medical diagnoses are documented. Those individuals with diagnoses of diabetes will have additional information provided in their service agreement.
 - a) Diabetics who require blood glucose monitoring or who are on medications to treat their diabetes will have this information also posted in front of their MAR for the medication aide reference.
 - b) Note if they have Type 1 or Type 2 diabetes and the differences in managing both.

2. Staff will follow these steps for residents who receive blood glucose monitoring:
 - a) **BLOOD GLUCOSE LEVELS BELOW 60**
Follow any doctor's orders as described in the MAR, and call the on-call nurse. If there are no specific doctor's orders regarding low blood glucose levels, follow the instructions below.
 - b) **BLOOD GLUCOSE LEVELS ABOVE 350**
Follow any doctor's orders as described in the MAR, and call the on-call nurse. If there are no specific doctor's orders regarding high blood glucose levels, call the on-call nurse and follow her instructions.

3. Additional to blood sugars, it is helpful to also monitor the following:
 - a) Long-term blood sugar control- A1C
 - b) Cardiovascular health- blood pressure, weight and cholesterol levels
 - c) Kidney health
 - d) Eye health
 - e) Foot health- neuropathy, tingling, wounds

PROTOCOL FOR LOW AND HIGH BLOOD SUGAR LEVELS



<p align="center">SYMPTOMS OF LOW BLOOD SUGAR (HYPOGLYCEMIA) (less than 60)</p>	<p align="center">SYMPTOMS OF HIGH BLOOD SUGAR (HYPERGLYCEMIA) (above 350)</p>
<ul style="list-style-type: none"> • Shaking • Fast heartbeat • Sweating • Feeling anxious • Dizziness • Hunger • Impaired vision • Weakness, feeling tired • Headaches • Easily irritated • Cold • Confusion 	<ul style="list-style-type: none"> • Extreme thirst • Frequent urination • Dry skin • Hunger • Blurred vision • Drowsiness • Nausea
<p align="center">WHAT CAN YOU DO?</p>	<p align="center">WHAT CAN YOU DO?</p>
<ol style="list-style-type: none"> 1. Test blood sugar (resident or delegated med aide only) 2. If below 60, call nurse and: 3. Drink a glass of milk or orange juice 4. Eat a sandwich (peanut butter) or crackers and cheese 5. Re-test blood sugar 15 minutes later 6. If it is still below 70, call nurse again 	<ol style="list-style-type: none"> 1. Test blood sugar (resident or delegated med aide only) 2. Call nurse if above 350

