

BLS Glucometer Use

- ❑ **Diabetes mellitus is a disease state characterized by a deranged relationship of insulin and glucose**
 - In diabetes, there is insufficient insulin to get glucose into the cells, and thus the cells start to malfunction and produce characteristic findings
 - Emergencies from diabetes are usually from hyperglycemia or hypoglycemia



BLS Glucometer Use

Blood Glucose Monitoring

☐ Checking the Blood Glucose Level (BGL)

- Multiple Brands of Glucometers are commonly found on EMS units
- Glucometer determines the amount of glucose in the blood, the sample usually coming from a finger stick
 - A normal range is 80–120 mg/dl
 - Hypoglycemia is a BGL <60 mg/dl
 - Hyperglycemia is a BGL >120 mg/dl



You must read manufacturer's instructions for your particular glucometer

BLS Blood Glucose Monitoring

Testing the Blood Glucose Level with a glucose meter

Equipment necessary

- Glucose meter
- Glucose meter test strips
- Lancet or lancet device
- Alcohol swabs



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BLS Blood Glucose Monitoring

- Withdraw strip, turn monitor on confirm code if needed.
- Choose finger, wipe with alcohol swab.



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BLS Blood Glucose Monitoring

- Lancet finger
- Squeeze blood onto strip fill area fully



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BLS Blood Glucose Monitoring

- Wait for result.
- Dispose of all materials in the proper container
- Emergency medical care
 - Once you have confirmed altered mental status and a history of diabetes controlled by medications, your care will also focus on possibility of reversing the low blood sugar
 - Follow NYS BLS protocols



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