







Link Trainer Guide- Key points for glucose/ketones

This document summarises the key points of glucose & ketone testing which should be covered by link trainers during training.

<p><u>Before Testing</u></p> 	<ul style="list-style-type: none"> • Ensure patients hands have been cleaned & dried prior to lancing (NOT using alcohol wipes/gel) • Choose lancing site carefully (AVOID thumb/index finger) & lance to the side of the pad. • Milk the finger from base to tip (DO NOT squeeze tip as this will dilute the blood) • Fingers with poor circulation WILL result in inaccurate blood glucose results.
<p><u>Hints & tips for patients with poor circulation/fingers:</u></p> 	<ul style="list-style-type: none"> • Wash patient's hands in warm water ask the patient to rub their hands together • Position the hand / finger downwards to let gravity assist with circulation • Wrap the patient's hand in a towel and leave to warm for a short while • Try gentle massage of the fleshy part of the finger to be tested • If the finger appears discoloured due to poor circulation even after gentle massage, then DO NOT USE • Once the finger is warm and pink collect a sample
<p><u>QC requirements</u></p> 	<ul style="list-style-type: none"> • Stability of solutions <ul style="list-style-type: none"> ○ Date bottles 90 days from opening-date bottles • Frequency of QC analysis <ul style="list-style-type: none"> ○ every 24 hours meter is in use, minimum of once per week if not in use • What to do in event of failure <ul style="list-style-type: none"> ○ try inverting QC bottles

	<ul style="list-style-type: none"> ○ try new set of QC bottles ○ try new pot of strips <p>If QCs still fail this indicates an issue with the meter which is why we run the QC-report to POCT.</p> <ul style="list-style-type: none"> ● Where to obtain stock of strips & QC from <ul style="list-style-type: none"> ○ Pharmacy
<p><u>When not to use a capillary sample</u></p> 	<p>Patients whose peripheral system has shut down should not have a capillary sample analysed on a glucose meter. It will not give a true reflection of the patient's blood glucose/ketone level. This occurs in cases such as:</p> <ul style="list-style-type: none"> ○ Diabetic ketoacidosis ○ Severe hypotension ○ Shock <p>Instead, use a venous or arterial sample.</p>
<p><u>Analysis</u></p> 	<ul style="list-style-type: none"> ● The patient NHS number should be used as patient identifier. ● Measuring range <ul style="list-style-type: none"> ○ 0.6-33.3 mmol/l (glucose) ○ 0.1-7.0 mmol/l (ketone) ● Glucose critical range <ul style="list-style-type: none"> ○ 4-16mmol/l ● Ketone normal range <ul style="list-style-type: none"> ○ <0.6mmol/L ● Press 'Accept' at the end of ketone testing
<p><u>After testing</u></p> 	<ul style="list-style-type: none"> ● Dispose of test strip in sharps bin ● Clean the meter with Clinell wipes after each patient test.

DO NOT SHARE YOUR OPERATOR ID WITH ANYONE. IT IS A DISCIPLINARY OFFENCE!!