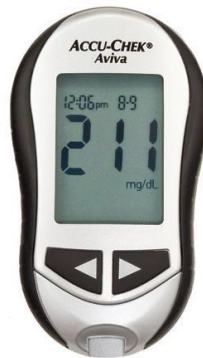Activity 4
Blood Glucose Test Worksheet

I. For the following RBS glucometer readings below, identify whether the patient is in the hyperglycemic, hypoglycemic or normal blood glucose state.

1.

<u>   NORMAL   </u>

2.

<u>   HYPERGLYCEMIC   </u>

3.

<u>   NORMAL   </u>

4.

_____NORMAL_____

5.

_____HYPOGLYCEMIC_____

6.

_____HYPERGLYCEMIC_____

II. Follow-up Questions:

1. Is there an alternative to pricking your fingers for blood glucose tests?

Yes, new technologies have come out to help make the process more painless by not using finger pricks. An example of this is the CGM (Continuous Glucose Monitor) which detect glucose through interstitial fluids in skin tissues.

2. How accurate are blood glucose meters?

When used correctly, blood glucose monitors are usually accurate. But occasionally they may be incorrect.

3. Why are some meters and strips coded?

Meters and test strips are coded because the enzymes used in them to gauge blood glucose can vary greatly from batch to batch. The coding system is a way to calibrate the meter to the particular strength of enzyme in a given batch — the meter is programmed to expect a certain strength depending on the code it is given.

4. What are the diagnostic criteria for Diabetes Mellitus?

- Random blood sugar is greater or equal to 200 $mg/_{dL}$ and have symptoms of diabetes (increased thirst, increased urination, and unexplained weight loss)
- Fasting blood sugar is greater or equal to 126 mg/dL

Note: For the Lab Form, key in the result on item 6.