

Assessment of Competence

Competency Number: 10

Clinical Skill: Recording Blood Glucose Level using a meter

Name: _____ **Location:** _____

Aim: To accurately monitor and record blood glucose levels using a blood glucose meter

Objectives: The Care Worker will be able to:

- Demonstrate an understanding of the knowledge and skills necessary to accurately monitor and record blood glucose levels
- Demonstrate competency in performing the procedure

Training: Attendance at a training session and / or one to one training dependant on the location of staff

Assessment: Using performance criteria overleaf.

Those acting as trainers / assessors in clinical practice must hold an assessor qualification and must be certified as competent in the procedure themselves and be undertaking the procedure regularly.

Risk Assessment: **High** (risk to patient as a result of care worker error)

Update: Competence to be reviewed annually or sooner if limited practice or extended leave taken.

Underpinning Knowledge

- Basic introduction to diabetes care
- Understand the need for monitoring blood glucose
- Awareness of expected blood glucose levels
- Identify signs of hypoglycaemia and hyperglycaemia
- Action to take when levels not within expected range
- Correct choice of site and safe technique for obtaining capillary sample
- Correct use and maintenance of blood glucose meter and reagent strips
- Signs and symptoms that may indicate cause for concern during or after procedure
- Preparation of patient and level of support required
- Health and safety regulations, infection prevention and control measures such as hand hygiene, use of Personal Protective Equipment (PPE) such as gloves and aprons, sharps and needle stick injury
- A working understanding of what is meant by individual patient 'consent'
- Importance of privacy and dignity
- Knowledge of organisational policies, procedures and guidelines, and how to access.
- Factual awareness of legislation, policy and good practice such as sphere of competence.
- Clinical record keeping and documentation including the importance of keeping accurate records and appropriate onward referral

I certify that the above-named worker has completed the theoretical assessment/training which covered the above:

Signed:	Date:
Print Name:	Position:

Clinical Skill	
Performance Criteria: Care Worker will:	Performed Safely (sign and date)
1. Demonstrate appropriate hand hygiene and use of PPE prior to, during and after the procedure.	
2. Explain the procedure, giving relevant information, support and reassurance. Gain and document informed consent.	
3. Prepare individual adequately (possible hand washing), giving appropriate reassurance.	
4. Prepare meter for use: to include cleaning and calibration.	
5. Demonstrate correct selection and use of lancing device.	
6. Insert reagent strip correctly.	
7. Test blood sample correctly using the blood glucose meter.	
8. Record results accurately.	
9. Monitor individual and seek advice before taking action if blood glucose level outside expected range.	
10. Dispose of clinical waste, sharps and other equipment as detailed in organisational policy.	
11. Accurately record procedure on appropriate documentation.	
12. Report any changes or concerns to nurse in charge of the ward, or district nurse / team leader, in accordance with the care plan.	

I confirm that the worker named overleaf has completed the assessment competently.

Signed:

Date:

Print Name:

Position:

Assessor Comments:

Candidate Comments:

Declaration

I confirm that I have had theoretical and practical instruction on how to safely and competently perform and agree to comply with the policy and procedures of the employing authority. I acknowledge that it is my responsibility to maintain and update my knowledge and skills relating to this competency.

Signed:

Grade:

References / Bibliography:

The Royal Marsden Hospital Manual of Clinical Nursing Procedures (2008) 7th ed.

Gloucestershire Primary Care Trust , Protocol and guidelines for preparation and assessment of Health Care Assistants in Gloucestershire to undertake individual patient diabetes care 2006 (predecessor organisation document under review)

1 copy for personal KSF file / portfolio 1 copy to Training Dept 1 copy individuals personnel file

Competency Production Date: November 2008

Competency Review Date: November 2010