Home Blood Glucose (BG) monitoring guidance for patients with diabetes on Insulin managed by the Community Nursing team

- BG monitoring is not essential prior to every insulin administration
- BG monitoring is generally recommended to support insulin adjustment
- Frequency of BG monitoring is determined by glycaemic control and/or inter-current illness that may impact on BG

Determine BG parameters with GP or DSN
Document personal parameters in the personalised

### Stable BG

- majority of BG readings are within

  BG monitoring 2-3 times per week unless stated otherwise in personal management plan (PMP)

  *If on OD basal Insulin pre breakfast BG sufficient

  *If on BD Insulin ensure a mixture of fasting pre meal and post meal BG are taken

### Unstable BG

- OR BG outside parameters

  Monitor more frequently (see below) or as requested by the Diabetes Specialist team (consultant/nurse) or GP

  Test daily (1-2 times): pre breakfast &/or pre evening meal

For urgent advice contact on-call diabetologist on 07798 580 748 or via diabetes centre reception (01902 695310) Provide accurate patient data, recent BG, Insulin type & your concerns

All blood glucose monitors (BGM)

- Type of BGM monitor to be recorded in Personalised management plan (PMP)
- Serial number must be recorded in PMP
- Notify Diabetes Specialist Nurse (DSN) type of monitor and serial number via fax (as above) to update their database
- Patient/carers to request control solution from manufacturer if non provided with the monitor
- To ensure accurate BGM readings, the control solution must be used when a new pot of test strips is opened.

Personalised management plan for diabetic patients must include:

- Target Blood glucose parameters to be agreed with either GP/Diabetes Specialist team (consultant/nurse)
- Insulin type, device, dose and frequency.