Standard Operating Procedure for HSAG Implementation of Diabetes Empowerment Education Program™ (DEEP™) Training and Demonstration for Self-monitoring of Blood Glucose Using a Glucose Meter

I. Policy

It is the policy of Health Services Advisory Group (HSAG) to ensure the integrity of the DEEP blood glucose self-management training and self-monitoring. This policy is written in accordance with American Diabetes Association national standards, Centers for Disease Control and Prevention (CDC) recommendations and standards for universal precautions, and DEEP glucose self-monitoring training, with regard to blood testing.

II. Procedure

A. General Guidelines

1. The CDC has become increasingly concerned about the risks for transmitting hepatitis B virus (HBV) and other infectious diseases during assisted blood glucose (blood sugar) monitoring and insulin administration. CDC is alerting all persons who assist others with blood glucose monitoring and/or insulin administration of the following infection control requirements:

   - Fingerstick devices should **never** be used for more than one person
   - Blood glucose meters should **not** be shared.

2. HSAG staff or consultant trainees implementing DEEP glucose self-monitoring training will not conduct training with a single, shared HSAG blood glucose monitor.

   - HSAG staff or consultant trainees will use HSAG supplied glucose monitoring equipment (monitor, single use lancets, fingerstick device, testing strips) to visually demonstrate glucose monitoring, as described in the DEEP Training Manual, but not perform an actual fingerstick.
   - HSAG staff or consultant trainee may opt to demonstrate proper testing protocol on themselves, with an actual fingerstick, if desired.

3. Given that DEEP diabetes self-management education classes are being offered to individuals with pre-diabetes and diabetes, HSAG staff will also provide visual demonstration with step-by-step instruction for class participant volunteers, using their own monitors, strips, and fingerstick devices for the benefit of the individual and members of the class.

4. Glucose testing will follow strict CDC infection control strategies in which:

   - A paper towel will be placed in the testing "work area” to protect the surface where the testing will be performed.
• The instructor’s or individual volunteer’s monitor, strips, fingerstick device, alcohol wipes, and sharps container will be placed on the paper towel. An EPA-approved disinfectant will be placed in proximity of the testing.
• If the instructor is guiding the individual class participant volunteer through the self-monitoring process, the instructor will use gloves (non-latex) for his/her personal safety.
• After placing the lancet in the fingerstick device and placing the strip in the glucose monitor, the instructor or class participant volunteer will clean his/her hands with an alcohol wipe and discard the wipe into the sharps container.
• After the fingerstick, using a finger of the clean hand, the class participant volunteer will draw blood onto the test strip (pointing the finger away from the face) and report the blood glucose level, and then dispose of the lancet and test strip into the sharps container.
• The instructor or class participant volunteer will then dispose of the paper towel protecting the work surface, into the sharps container, clean hands with another alcohol wipe and dispose of the wipe into the sharps container.
• The instructor or volunteer will then clean his/her work area with EPA-approved disinfectant, whether or not the surface was contaminated with blood or body fluids, and will dispose of the cleaning product (i.e. Purple Sani Wipes) in the sharps container. HSAG staff will ensure that the surface is not touched, until the proper time has been allowed for disinfection clearance, per the EPA-approved disinfectant instructions.
• While implementing the protocol, HSAG staff will explain infection control protocol throughout the demonstration, and will discuss care and disposal of personal use sharps containers.
• HSAG staff will disinfect his/her monitoring device according to the manufacturer’s instructions prior to storage of the unit for future use.