

## **Reminder: Ensure Blood Glucose Meters are Properly Cleaned**

Federal regulation 483.65 (F441) Infection Control states “The facility must establish and maintain an Infection Control Program designed to provide a safe, sanitary and comfortable environment and to help prevent the development and transmission of disease and infection”. One of the components of an Infection Prevention and Control Program is Process Surveillance. This component reviews practices directly related to resident care in order to identify whether the practices comply with established prevention and control procedures and recognized guidelines. One example of Process Surveillance is whether the facility “ensures that reusable equipment is appropriately cleaned, disinfected, or reprocessed”, which includes the use of glucose monitoring equipment. Failure to properly clean and disinfect blood glucose meters can increase the risk for cross contamination, resulting in an increased likelihood of blood borne pathogen transmission. As part of the survey process, surveyors observe whether blood glucose meters are cleaned and appropriately disinfected based on facility policy and procedures and/or manufactures’ guidelines and whether blood glucose lancets are properly disposed of after one use.

According to the Centers for Disease Control and Prevention (CDC), persons who assist others with blood glucose monitoring should adhere to the following infection control requirements:

- Whenever possible, blood glucose meters should be assigned to an individual person and not be shared.
- If blood glucose meters must be shared, the device should be cleaned and disinfected after every use, per manufacturer’s instructions, to prevent carry-over of blood and infectious agents. If the manufacturer does not specify how the device should be cleaned and disinfected then it should not be shared.
- Wear gloves during blood glucose monitoring and during any other procedure that involves potential exposure to blood or body fluids.
- Change gloves between patient contacts. Change gloves that have touched potentially blood-contaminated objects or finger-stick wounds before touching clean surfaces. Discard gloves in appropriate receptacles.
- Perform hand hygiene immediately after removal of gloves and before touching other medical supplies intended for use on other persons.
- Assess adherence to infection control recommendations for blood glucose monitoring and insulin administration by periodically observing staff who perform or assist with these procedures and tracking use of supplies.

For more detailed information from the CDC and a complete list of recommended practices for preventing blood-borne pathogen transmission during blood glucose monitoring and insulin administration, please go to the following link to download this important information:

<http://www.cdc.gov/injectionsafety/blood-glucose-monitoring.html>