



# COMMUNITY ORGANISATIONS FOR DIABETES ACTION

## POLICY

### Screening Process

**Outcome:** Individuals have their risk for diabetes assessed, receive risk reduction education and where appropriate are tested for their current blood glucose level.

**References:** NZSSD recommendations for Community Blood Screening - Patten C, 1997.  
Diagnosing Diabetes Mellitus - Braatvedt GD, 1999.  
Screening for Type 2 Diabetes in Asymptomatic non pregnant adults in NZ, T Kenealy, R Scragg, G Braatvedt, 2002.  
CODA Policies "Confidentiality & Privacy", "Safety Precautions in Screening", "Interpreting Screening Values", "Competencies for Screening"

#### **Recommendation:**

The focus of 'screening' is not on the 'finger prick' but on the opportunity for education and risk assessment.

1. Introduction, discuss what process involves.
2. Using self-carboning 'Screening form', go through risk factors, and look at symptoms the person may have.
3. If more than 2 risk factors, particularly in significant groups (age, obesity, ethnicity) consider doing the capillary blood glucose.
4. Explain what test involves and that it does not give a diagnosis of diabetes or absence of diabetes
5. Glove
6. Spread out clean paper towel as 'work surface'
7. Ensure Piece of tissue at hand
8. Follow instructions for particular meter (tested) and lancet device.
9. Finger should be washed with water soaked cotton wool and dried if immediate handwashing has not occurred. (NOTE: alcohol swabs are not recommended however if used skin must be allowed to dry thoroughly)
10. Pierce skin and test blood.
11. When result through, discuss with person, refer if required (see CODA policy), counsel re risk reduction. Give person top copy of screening form to take away for their information.
12. Dispose of used equipment and gloves safely, per CODA policy.
13. Hand rinse

### ***Equipment required***

Table

Chairs

Suitable draft free environment

Rubbish bin with liner for nurse use

Rubbish bin with liner for disposal of soiled tissues/cotton wool

Sharps bin

Laminated copy of "CODA interpretation of Blood Glucose values"

Table cloth (washable or disposable)

Paper towels (for screening area)

Disposable Gloves

Chlorhexidine handrinse

Cotton wool balls in watertight container with fresh water for finger washing

Tissues for drying fingers/applying to puncture after test

Meter (to be checked prior to commencing)

Test solution

Test strips (in-date, airtight container)

Calibration strip appropriate to strips/meter

Lancet device

Lancets (type appropriate for community)

CODA Screening Tool