

The Right Device, The Right Way: Spot Checking Blood Glucose Levels Can Sweeten Surgical Outcomes



OVERVIEW

The United States (US) is facing a public health crisis: the escalating diabetes epidemic and its profound impact on individuals, families, and the health care system. In 2021, 38.4 million people had diabetes, a figure that excludes the substantial number of undiagnosed cases. Given the high prevalence of undiagnosed diabetes and prediabetes, integrating a standardized glucose testing program into preoperative assessments could enhance surgical outcomes, benefiting not only patients with known diabetes but the broader surgical population.

Adherence to proper glucose monitoring protocols is critical for patients with elevated blood glucose levels. The use of appropriate devices mitigates complications, improves health outcomes, and enhances care quality. However, achieving compliance presents challenges, including staff education and accessibility. Additionally, stringent infection control measures are imperative, as improper handling, device contamination, and inadequate sterilization can lead to healthcare-associated infections, compromising patient safety and the efficacy of glucose testing.

This program will delve into the types and mechanisms of glucose testing systems, the importance of compliance, and the best practices for infection control in ambulatory settings. By understanding these elements, health care providers (HCPs) can better support their patients while minimizing the risk of infections. Through education, training, and adherence to established guidelines, we can ensure that glucose testing is both accurate and safe, ultimately leading to better health outcomes for patients.

WHO SHOULD TAKE THIS COURSE?

This continuing education activity is intended for a registered nurse, surgical technologist, or other healthcare professional who wants to learn more or needs to gain knowledge and skills in glucose testing.

ACCREDITATION INFORMATION

California Board of Registered Nursing

Association of periOperative Registered Nurses is provider-approved by the California Board of Registered Nursing, Provider Number CEP 13019 for **2.0 contact hours**.

NCCT

The National Center for Competency Testing (NCCT) has approved this program for **2.0 contact hours**.

HIGHLIGHTS

After completing this continuing education activity, the participant should be able to:

1. Examine the various blood glucose monitoring (BGM) devices and explain the underlying mechanisms of glucose measurement
2. Discuss the importance of adherence to regulatory guidelines and assess the impact of compliance with institutional policies on patient safety, clinical outcomes, and the prevention of adverse events related to glucose monitoring
3. Identify potential risks of bloodborne pathogen transmission and understand strategies to mitigate infection risks when performing glucose monitoring in the ambulatory care setting

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