

## Glucometry

### Indications for Use

Any time an EMS provider encounters a patient with an altered level of consciousness, confusion, or neurologic complaint, or any time there is a concern for a possible diabetic emergency. This includes patients with:

- Suspected diabetes-related emergency
- Unconsciousness
- Neurologic symptoms including signs or symptoms of a stroke
- Seizures
- Suspicion of drug or alcohol intoxication or overdose

### Use and Application

Perform the glucometry testing procedure as outlined in the instructions for your specific device.

**Perform glucose evaluation after the ABC's and initial assessment have been completed. Under no circumstances should glucometry measurement detract from basic care**

All readings should be recorded on the incident response form.

If the measured glucose is  $<80$  mg/dL, manage per the Diabetic Emergency Protocol. If a patient is treated for a low blood glucose second follow up glucose measurement must be taken and recorded. If the target glucose level (80 mg/dL) is not met initially, EMT's should repeat the glucose measurement in several minutes.

Patients who take insulin who had a hypoglycemic episode may be safely left at home if:

- They respond completely (symptoms resolve) AND
- If someone else will be in attendance AND
- They have a repeat glucose that is at least 80 mg/dL AND
- Caloric intake (a meal) is immediately available. It is recommended that once emergent symptoms have resolved that the patient eat a meal to help prevent recurrent hypoglycemia.

These patients must receive after-care instructions if they are not being transported.

Documentation in the incident response form should include

- Indication for glucose measurement (e.g., diabetes)
- Initial and subsequent glucose measurements
- If patient is on diabetes medications
- Completion of Transport Refusal
- Documentation that after-care instructions were provided

Patients who take only oral medications (i.e., no injected insulin) who experience hypoglycemia are at **high risk** of repeated hypoglycemia despite oral intake. Such patients should be **strongly advised** to seek further evaluation by a physician immediately. Contact Medical Control if patient is declining to seek care.