



Performing a Patient Blood Glucose Test: ACCU-CHEK® Performa



Point of Care Testing (POCT) - ACCU-CHEK® Performa Quick Reference Guide

Applies to:	Health care providers who perform blood glucose monitoring at the point of care using the ACCU-CHEK® Performa meter.
Purpose:	To perform a blood glucose test at the point of care using the ACCU-CHEK® Performa blood glucose meter.

Preparing for the test

- Put on gloves and gather supplies:
 - ACCU-CHEK® Performa meter
 - Test strip container
 - Lancet
 - Gauze
 - Basin with soap and water/alcohol wipe

Note: Check the expiration date on the test strip container to ensure it has not passed.

- Perform quality control testing, if required.
 - Refer to the *Performing a Quality Control Test* quick reference guide.
- Confirm Positive Patient Identification (PPID), following Island Health's policies and procedures.
- Obtain patient consent.



Performing the test

- Take a test strip from the test strip container and immediately close the container tightly to protect the remaining strips from humidity.
- Insert the test strip into the meter in the direction of the arrows.
 - The meter turns on and a code number displays on the screen.
- Compare the code number on the screen with the code number on the test strip container and ensure that they are the same.
 - The code number disappears after a few second. If you overlooked the code number, remove the test strip from the meter and reinsert it to have the code displayed.
 - After the code disappears from the screen, a test strip and a flashing blood drop symbol will appear. This indicates that the meter is ready to test.
- Clean the patient's finger and ensure that it is completely dry.
 - Soap and water is preferred; however, alcohol may be used.
- Perform a finger stick using your lancet device.
- Wipe away the first drop of blood to prevent blood contamination with excess tissue fluid.
- Touch the second drop of blood to the **front edge** of the yellow window at the end of the test strip.
 - When enough blood is applied to the test strip, an hourglass symbol flashes on the screen to show that the meter is analyzing the blood.



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- Ensure the meter remains level during the test.
- Result appears on the screen in 5 seconds.



Interpreting the results

1. Identify critical results.
 - The Island Health glucose non-fasting reference interval is **4.0 - 11.0** mmol/L. Interpret results based on this table:

Critical High	<ul style="list-style-type: none"> • Adults: Above 30.0 mmol/L. • Children (younger than 17 years old): Above 11.1 mmol/L.
High	11.0 to 30.0 mmol/L
Normal	4.0 to 11.0 mmol/L
Low	2.0 to 4.0 mmol/L
Critical Low	Below 2.0 mmol/L for children and adults

Note: Performa meter's result range is from 0.6 to 33.3 mmol/L. The meter does not flag critical results; it only flags results that are outside of its measuring range:

- The meter screen will display **HI** if the patient's blood glucose is higher than the meter's measuring range (i.e., above 33.3 mmol/L).
- The meter screen will display **LO** if the patient's blood glucose is lower than the meter's measuring range (i.e., below 0.6 mmol/L).

Documenting the Results

1. Document the results in the patient's permanent medical record, immediately.
 - If your site uses the Electronic Health Record (EHR), document the results electronically.
 - If your site does *not* use EHR, complete the patient's chart; keep the result form for 2 years.

Note: Do not postpone documenting results assuming that you will be able to access results later, because:

- No patient ID is attached to the meter results.
 - Referring to previous results may cause errors given that they may belong to a different patient.
 - The Performa meter has a feature that averages previous results. This may lead to errors in interpretation in a clinical setting where multiple patients are tested with the same meter.
2. Respond to the results following Island Health guidelines.
 - If the results are critical or do not correlate with the clinical presentation, consult with the most responsible provider to do one of the following, as appropriate:
 - Repeat the patient test.



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- Perform Quality Control Tests to confirm that the meter is functioning properly.
- Refer the sample to an Island Health laboratory.

Hypoglycemia guidelines

For more details on hypoglycemia guidelines, refer to the following resources (available on the Island Health Intranet):

- *Adult Hypoglycemia (Low Blood Sugar) guideline.*
- *Pediatric Hypoglycemia (Low Blood Sugar) guideline.*
- *Screening and management of neonatal hypoglycemia guideline.*

Finishing the test

1. Remove the test strip from the meter.
 - The meter turns off automatically 5 seconds after the test strip is removed.
2. Dispose of the used test strip as per approved Island Health guidelines.
3. Clean and, if applicable, disinfect the device.
 - Refer to *Cleaning and Disinfecting Blood Glucose Meters* quick reference guide for details on when and how to clean and disinfect the device.