

BLOOD GLUCOSE & BLOOD KETONE MONITORING CHART

MR59H

Hospital Quiet Creek

Affix patient identification label in this box

UR No: 44223
 Surname: Brown
 Given Name: James
 Second Given Name: _____
 D.O.B: 2/8/58 Sex: M

Blood glucose targets

General Ward: 5.0 – 10.0 mmol/L OR Specify if Other: _____ - _____ mmol/L

Blood glucose monitoring instructions

- Test blood glucose (BG) according to frequency instructions.
- Place a dot (•) in the centre of the box which refers to the BG level and connect dots with a straight line. Record BG number in line below the graph.
- Initiate actions according to colour zone.
- Treat all BG levels less than 4.0mmol/L using the Hypoglycaemia Protocol.

Blood ketone monitoring instructions

- Blood ketones are a sign of insulin deficiency and risk of DKA. Ketones can occur in low or 'in target' blood glucose levels.
- Test blood ketones according to frequency instruction.
 - Record blood ketones result in line below the graph.
 - Initiate actions according to colour zone.

Blood glucose (BG) monitoring frequency instruction

Routine (QID)	Unstable (QID + 0200 hrs)	Stable (BD)
Test all patients with diabetes before meals and at 2100hrs review by medical practitioner.	Routine times plus 0200hrs if admission for hypoglycaemia or nocturnal hypoglycaemia suspected.	If not at risk of hypoglycaemia and BG is between 5.0-10.0mmol/L, consider testing before breakfast and evening meal.

Blood ketone monitoring frequency instruction (for patients on insulin)

Routine (Daily)	Unstable	Unwell
If the patient is fasting.	If the BG greater than 15.0mmol/L.	If nausea or vomiting persist, recheck blood ketones as per the RDR Instruction.

Date	2020	31/1	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	2/2							
Time		22:05	07:30	07:40	08:00	10:00	12:30	18:00	20:00	22:00	07:30							
Graph BG (mmol/L)	> 20.0																	
	17.6 - 20.0																	
	15.1 - 17.5																	
	12.6 - 15.0																	
	10.1 - 12.5																	
	7.6 - 10.0																	
	4.0 - 7.5																	
	2.5 - 3.9																	
0 - 2.4																		
BG		5.2	3.4	4.6	7.8	7.2	6.2	13.2	16.4	10.2	15.2							
Ketones									0.1	0.2								
Hypo protocol (✓)			✓															
Dr. Notified (✓)						✓												
Intervention See overleaf			A	B		C			D	E								

Interventions or Review

Record intervention below and note corresponding letter in intervention row below graph.		Initial	Designation
A	60mls GTT 75 glucose drink	SP	RN
B	2 biscuits	SP	RN
C	Reviewed by GP - medication adjusted	SP	RN
D	Ketones check - notified RN	SH	EN
E	GP advised of BG + BK	SP	RN
F			
G			
H			