



BAYER'S CONTOUR GLUCOMETER TRAINING VIDEO

OBJECTIVES:

After viewing this training video the staff will be able to:

1. Pick out the different parts to the meter.
2. Recognize and understand the meanings of 4 symbols found within the display.
3. Recite the signs of hyperglycemia, hypoglycemia and ketosis.
4. Demonstrate the proper use of the glucometer.
5. Demonstrate the proper use of the control solution testing and documentation.
6. Demonstrate the proper way to change batteries.
7. Demonstrate the proper way to clean the glucometer.

STUDY GUIDE:

1. Meter parts
 - a. Up/down scroll buttons
 - b. Display
 - c. Memory button (on/off, memory recall, enter)
 - d. Test strip port
2. Contour test strip
 - a. Gray end: insert into test strip port
3. Symbols: To view all symbols, press and hold the up or down arrows. Symbols will display for 10 seconds
 - a. 88/88 is date and time
 - b. Battery symbol tells if low
 - c. Thermometer shows if too hot or too cold to test accurately
 - d. Results displayed in mg/dl
4. There is no need to ever code the meter or mark control tests.
5. Signs of hyperglycemia
 - a. Frequent urination
 - b. Excessive thirst
 - c. Blurred vision
 - d. Increased fatigue
 - e. Extreme hunger
 - f. Irritability
6. Signs of hypoglycemia
 - a. Shakiness
 - b. Excessive thirst
 - c. Tachycardia
 - d. Blurred vision
 - e. Confusion
 - f. Syncope
 - g. Seizure



7. Ketosis

- a. SOB
- b. Nausea/vomiting
- c. Very dry mouth

8. Tips for use:

- a. ALWAYS keep text strips in original bottle
- b. Don't drop blood on it, dip it in blood so it can sip it in
- c. Don't press strip against finger when testing, it may get blocked
- d. Single use strips
- e. Let meter and strips adjust to temp of location before testing; 41-113 F
- f. Check expiration dates on text strips and control solutions: control solutions are good for 6 months after bottle first open.

9. Before testing

- a. Wash hands
- b. Check expiration date on strip
- c. Verify test strip is in good condition
- d. Hold test strip with gray end facing up. Place in port, meter will turn on. And a picture of the test strip with a drop of blood will appear)
- e. Test immediately when good blood drop has formed-may stroke hand and finger towards puncture sight but don't squeeze around the site
- f. Hold tip in blood until machine beeps. Do not press on skin or drop blood onto strip.
- g. Meter will count down 5 seconds then display results
- h. Remove strip and turn off
 - i. According to ADA: before meal= 90-130mg/dl.
 - ii. 2 hours after meal=<180mg/dl

10. Control Solution testing

- a. Use only Bayer's Contour control solution
- b. Take test strip and close bottle tightly (check expiration dates and integrity of strip)
- c. Insert gray side up into machine, monitor will turn on
- d. Swirl or rock control bottle. Place a drop on a clean, nonabsorbent surface. Do not apply to text strip directly.
- e. Touch tip of strip to drop
- f. Will count down 5 seconds and beep
- g. A check mark will appear at bottom of screen stating that it recognizes it as a control. It does not state if it's in range.
- h. Compare result with range printed on test strip bottle
- i. Remove strip to turn it off.
- j. Log daily in log kept with glucometer

11. Changing batteries

- a. Turn off meter
- b. Press firmly on battery cover on back and slide according to arrow



- c. Push on top of battery and bottom will raise out
- d. Place new batteries with plus side up.
- e. Slide back cover back on

12. Cleaning

- a. Use moist, lint free tissue with mild detergent or disinfectant solution i.e. 1 part bleach and 9 parts cleaning
- b. Do not let solution run in or around buttons or battery cover.
- c. Should be cleaned after each patient



POST TEST
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Name: _____ Date: _____

1. List the two ways to turn the meter on.
2. Do you ever need to code this glucometer?
3. How often should the glucometer be cleaned? And how should it be cleaned?
4. How often should control tests be run on the glucometer?
5. What is the normal range of blood glucose results for patients?
6. What should you do if you have a patient whose blood glucoses is out of the range listed above , like the patient in the video?

Staff successful demonstrated:

1. Recite the signs of hyperglycemia, hypoglycemia and ketosis.
2. The proper use of the glucometer.
3. The proper use of the control solution testing and documentation.
4. Describe the proper way to change batteries.
5. The proper way to clean the glucometer.

Lead Nurse: _____ Date: _____

Please return the completed POST TEST and EVALUATION forms to Kim Tillberry in Bloomington.



MINNESOTA EYE LASER
& SURGERY CENTERS, LLC

OVERALL EVALUATION OF BAYER'S CONTOUR GLUCOMETER

Please take a moment to answer the following questions. Your comments are an **important contribution** as we design learning experiences to meet your professional needs.

What will you do **differently** in your practice as a result of this training?



What do you feel were the **strengths** of this presentation?



What do you feel were the **weaknesses** of this presentation?



How can we **improve** this presentation?



What **additional** training-development education do you need in order to be effective in your job?



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