Healthy Eating & Lifestyles Program (HELP)

Monitoring Blood Sugars

Made possible by:
Kōkua Kalihi Valley Comprehensive Family Services
&
the ‘Ulu Network

Developed by Sheryl R Yoshimura, RD
Lesson 4: Topics covered

Medications

Hypoglycemia symptoms & treatment

Sick Day Management

Travel Management

Goal Setting & Action Planning
How did you do?

1. What?
2. How much
3. When?
4. How often
Thoughts and Feelings about checking your blood sugars

- How important is monitoring your blood sugar levels?
- In what ways you can “monitor” diabetes?
- What is your greatest concern/frustration about monitoring?
- What is that hardest part about monitoring?
- What is the best part about monitoring?
- What do you need to help you be successful in monitoring your blood sugar levels?
Today’s Topics

- Monitoring your blood sugars
- Target blood sugar levels
- Goal Setting & Action Planning
LONG-TERM COMPLICATIONS OF UNCONTROLLED BLOOD SUGAR

- Nerve Damage & Sexual Problems
- Kidney Disease
- Heart Attack & Stroke
- Eye Problems
- Surgical loss of leg or foot
Before Meals: 70 to 130
Bedtime: 110-150
2 hour after start of meal: less than 180
Hemoglobin A1c: <7
Blood Pressure: less than 130/80
HDL (Good) Cholesterol: Over 60
LDL (Bad) Cholesterol: less than 100
Glucometers
Test Strips
Lancets (Needles)
Penlet (Lancing Device)
Other Testing Supplies
How to use a BLOOD Sugar Monitor?

• Make sure the meter is calibrated
• Use test strips made for your meter
• Throw away expired test strips
• Avoid damaging your meter
• Keep your meter in an easy-to-reach place away from extremes in temperature
How to check blood sugar?

• Clean the finger area with soap and water before doing the test
• Use a lancet or other suitable device to get a blood sample
• Use a fresh lancet for each finger stick
• Apply the right amount of blood to the test strip
• Wait the right amount of time set by the meter to read the result
Are you READY to Check your Blood Sugar?

Wash hands with soap and warm water

Select a site on the side of your finger

Shake your hand on your side

Wipe finger tip with alcohol pad
Poke your finger

Allow a drop of blood to form

Apply enough blood on test strip. Wait for result

Apply bandage
Throw away needles in SPECIAL CONTAINERS
How often should you test your blood sugar?
Action Plan Activity

1. Something YOU want to do
2. Achievable
3. Action-specific
4. Make a specific plan
   1. What?
   2. How much
   3. When?
   4. How often
5. Confidence level of 7 or more. On a scale of 0-10 (0 = not at all; 10 = very)
   1. How convinced are you that it’s important to make this change?
   2. How confident are you that you can make this change?
Set up for Nutrition Moment

Mahalo!
See you next week/month