

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

Action Plan

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

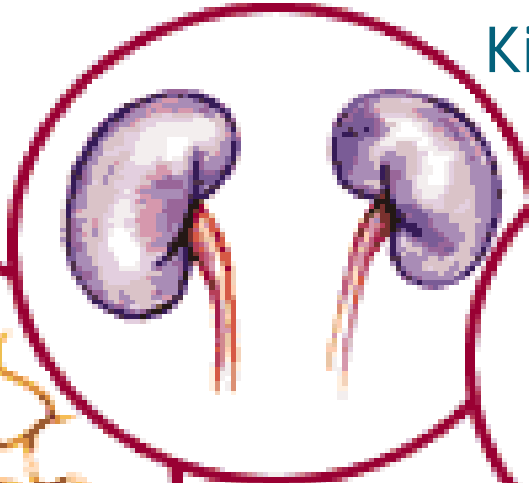
- Monitoring your blood sugars
- Target blood sugar levels
- Goal Setting & Action Planning

LONG-TERM COMPLICATIONS OF UNCONTROLLED BLOOD SUGAR

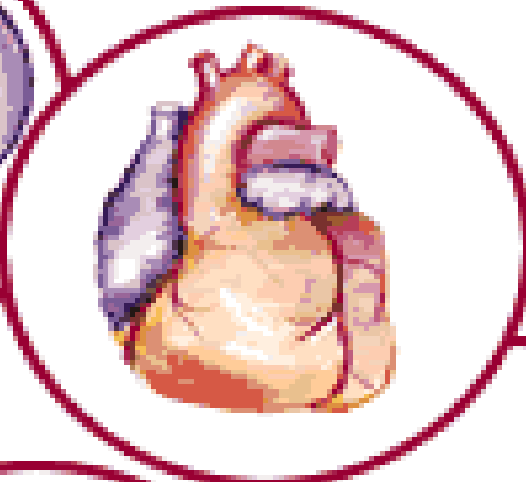
Nerve
Damage &
Sexual
Problems



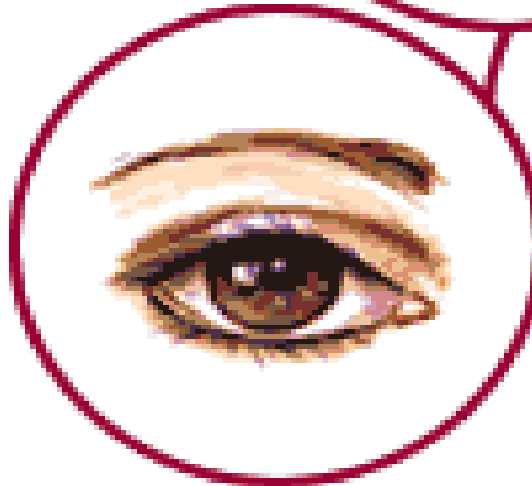
Kidney Disease



Heart
Attack &
Stroke



Eye Problems



Surgical loss of
leg or foot

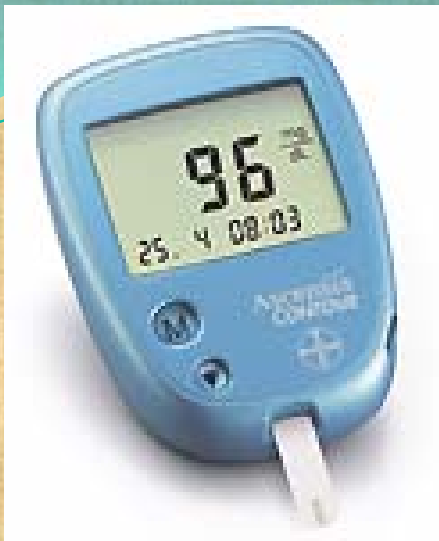


Target



- ✓ 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



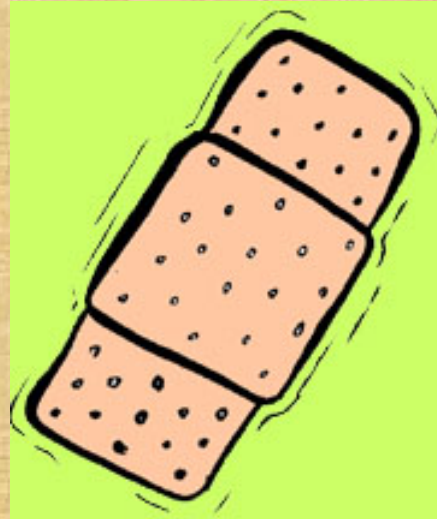
Lancets (Needles)



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

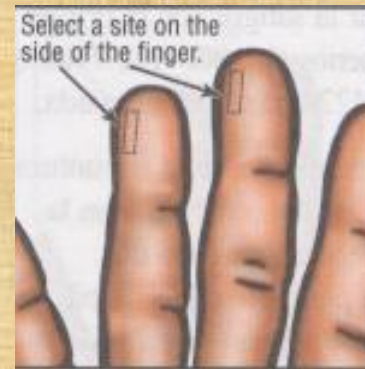
How to check blood sugar?

- 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 you side



Wipe finger tip with alcohol pad



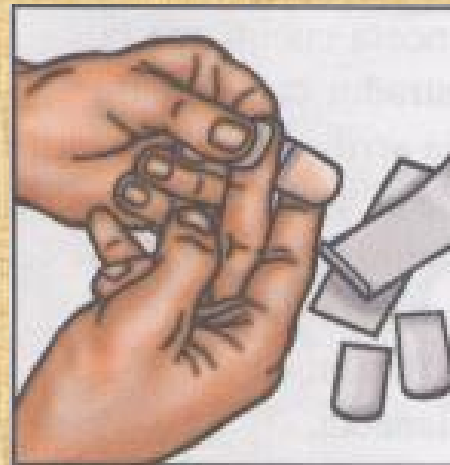
Poke your
finger



Apply enough
blood on test
strip. Wait for
result



Allow a drop
of blood to
form



Apply
bandage

RECORD YOUR RESULT ON YOUR LOG BOOK



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?



Mahalo!
See you next week/month

Set up for Nutrition Moment