

TIPS FOR MEETING THE CLEANING AND DISINFECTION OF BLOOD GLUCOSE METERS REQUIREMENTS IN SKILLED NURSING FACILITIES

The Centers for Disease Control and Prevention (CDC) has become increasingly concerned about the risks for transmitting hepatitis B virus (HBV) and other infectious diseases during assisted blood glucose monitoring.¹ An underappreciated risk of blood glucose testing is the opportunity for exposure to bloodborne viruses (HBV, hepatitis C virus, and HIV) through contaminated equipment and supplies if devices used for testing (e.g., blood glucose meters, fingerstick devices) are shared.¹

Outbreaks of hepatitis B virus (HBV) infection associated with blood glucose monitoring have been identified with increasing regularity, particularly in long-term care settings, such as nursing homes and assisted living facilities, where residents often require assistance with monitoring of blood glucose levels.¹ CMS has listed regulatory requirements for the use of blood glucose meters in nursing homes as part of F-tag 880 Infection Control.²

We have listed some tips to meeting the infection control and regulatory requirements based on review of common reasons facilities are cited for non-compliance with infection control regulations.

Whenever possible assign blood glucose meter to an individual person.¹

TIP: Label blood glucose meter with resident's name to protect against inadvertent use of the device for additional residents.

TIP: Place in storage bag in designated location to avoid cross-contamination via contact with other meters or equipment.

TIP: Consider a plastic "pencil case" that can be cleaned easily and assigned to a resident as a better choice than a plastic bag for storage.

If blood glucose meter must be shared, clean and disinfect it after every use, per manufacturer's instructions.¹ To prevent carry-over of blood and infectious agents.¹

TIP: Consult the manufacturer of the blood glucose meter(s) used in the facility to determine what products, meeting the criteria specified by the FDA, are compatible with their meter prior to using any EPA-registered disinfectant for disinfection purposes. If the manufacturer does not specify how the device should be cleaned and disinfected, then it should not be shared.²

TIP: Keep the manufacturer's recommended disinfectant in the medication cart and at other easily accessible locations.

¹ CDC Infection Prevention during Blood Glucose Monitoring and Insulin Administration, Last reviewed: March 2, 2011. [Considerations for Blood Glucose Monitoring and Insulin Administration | Injection Safety | CDC](#) Accessed 3-20-2024

² CMS State Operations Manual Appendix PP (page 767) - Guidance to Surveyors for Long Term Care, Rev. 211, 02-03-23, §483.80 Infection Control <https://www.cms.gov/medicare/provider-enrollment-and-certification/guidanceforlawsandregulations/downloads/appendix-pp-state-operations-manual.pdf> Accessed 3-20-2024

³ CDC Disinfection and Sterilization, Last reviewed: May 24, 2019. <https://www.cdc.gov/infection-control/hcp/disinfection-and-sterilization> Accessed 3-20-2024

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TIP: Make cleaning and disinfecting the blood glucose meter after use and the disinfectant to be used part of the blood glucose testing order on the Medication/Treatment Administration Record.

TIP: Use the disinfectant specified by the manufacturer in the instructions. The CDC has recommended practices in healthcare settings. This information can be found at:

<https://www.cdc.gov/injection-safety/hcp/infection-control/>²

TIP: In general, the disinfectant should be effective against HIV, Hepatitis C, and Hepatitis B virus. A list of Environmental Protection Agency (EPA) registered disinfectants can be found at the following website:

<https://www.epa.gov/pesticide-registration/selected-epa-registered-disinfectants>²

Ensure contact/dwell time for disinfectant is followed.

By law, all applicable label instructions on EPA-registered products must be followed.³ Following the contact/dwell time ensures the disinfectant has enough time to kill the targeted organism.

TIP: Never fan or blow air on the surface to expedite the drying process!

TIP: Be sure disinfectant container is properly labeled and it is easy to read the contact/dwell time.

TIP: Do not place blood glucose meter inside medication cart or other designated location wet. Ensure dwell time has been met and blood glucose meter is dry before storing.

TIP: Use a timer to be sure you wait the entire contact/dwell time before storing.

¹ CDC Infection Prevention during Blood Glucose Monitoring and Insulin Administration, Last reviewed: March 2, 2011. [Considerations for Blood Glucose Monitoring and Insulin Administration | Injection Safety | CDC](#) Accessed 3-20-2024

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Perform Hand Hygiene (Hand washing with soap and water or use of an alcohol-based hand rub)

TIP: Wear gloves during blood glucose monitoring and during any other procedure that involves potential exposure to blood or body fluids.

TIP: Change gloves between resident contacts.

TIP: Change gloves that have touched potentially blood-contaminated objects or fingerstick wounds before touching clean surfaces. Discard gloves in appropriate receptacles.

TIP: Perform hand hygiene immediately after removal of gloves and before touching other medical equipment or supplies intended for use on other persons.¹

Place barrier under blood glucose meter when in resident's room or placed on top of medication cart to avoid spread of microorganisms and contamination of surfaces and other equipment or supplies.

TIP: Place clean and dry paper towel(s) under blood glucose meter before placing on resident table or on top of medication cart.

TIP: Make sure blood glucose meter is cleaned and stored appropriately after each use.

¹ CDC Infection Prevention during Blood Glucose Monitoring and Insulin Administration, Last reviewed: March 2, 2011. [Considerations for Blood Glucose Monitoring and Insulin Administration | Injection Safety | CDC](#) Accessed 3-20-2024

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