

Nurse Delegation Training

Special focus on diabetes

Self-Study Guide and Supplemental DVD Errata Sheet



Transforming lives

AGING AND LONG-TERM SUPPORT ADMINISTRATION

As all of you know, things change. DSHS is currently (06/2019) developing a revised edition of the training materials associated with this course. In the meantime, we would like to point out that the target blood glucose levels referenced in the self-study guide no longer reflect current recommendations.

According to the American Diabetes Association (October 2018)¹, most non-pregnant adults with diabetes should have the following blood glucose targets:

- A1C: Less than 7%
A1C may also be reported as eAG: Less than 154 mg/dl
- Before a meal (preprandial plasma glucose): 80–130 mg/dl
- 1-2 hours after beginning of the meal (Postprandial plasma glucose)*: Less than 180 mg/dl
**Postprandial glucose may be targeted if A1C goals are not met despite reaching preprandial glucose goals.*

Glucose targets are individualized based on:

- Duration of diabetes
- Age/life expectancy
- Comorbid conditions
- Known CVD or advanced microvascular complications
- Hypoglycemia unawareness
- Individual patient considerations

The following table outlines each instance where glucose level references will be updated with the new release of the study guide. **In most cases, it will suffice for you to know that the normal range is 80-130 mg/dl.**

PAGE NO.	EXISTING TEXT	REPLACEMENT TEXT
7	– the NORMAL RANGE for blood sugar levels is between 70-140 mg/dl.	– the NORMAL RANGE for blood sugar levels is between 80-130 mg/dl.
7	<p>A diagram showing a vertical stack of three boxes representing blood sugar levels. The top box is labeled 'Above 140 mg/dl' and 'High'. The middle box is labeled '70-140 mg/dl' and 'Normal'. The bottom box is labeled 'Below 70 mg/dl' and 'Low'. An upward-pointing arrow is behind the boxes, with the words 'Blood Sugar' written inside the arrow's shaft.</p>	<p>A diagram showing a vertical stack of three boxes representing blood sugar levels. The top box is labeled 'Above 130 mg/dl' and 'High'. The middle box is labeled '80-130 mg/dl' and 'Normal'. The bottom box is labeled 'Below 80 mg/dl' and 'Low'. An upward-pointing arrow is behind the boxes, with the words 'Blood Sugar' written inside the arrow's shaft.</p>

¹ <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/checking-your-blood-glucose.html>

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17	The normal range for blood sugar is 70-140 mg/dl.	The normal range for blood sugar is 80-130 mg/dl.																
20	7. The blood sugar range that is considered normal (2 or more hours after eating) is: (Page 7) 70-140 mg/dl.	7. The blood sugar range that is considered normal (2 or more hours after eating) is: (Page 7) 80-130 mg/dl.																
28	When blood sugar is BELOW 70 mg/dl, there is not enough glucose or energy to keep the body working normally.	When blood sugar is BELOW 80 mg/dl, there is not enough glucose or energy to keep the body working normally.																
34	Usual dose with blood sugar that is lower than usual or less than 70 mg/dl = dangerous risk for low blood sugar.	Usual dose with blood sugar that is lower than usual or less than 80 mg/dl = dangerous risk for low blood sugar.																
35	LOW BLOOD SUGAR or HYPOGLYCEMIA is blood sugar that falls BELOW 70 mg/dl. If a person's blood sugar is below 70 mg/dl, it is too low.	LOW BLOOD SUGAR or HYPOGLYCEMIA is blood sugar that falls BELOW 80 mg/dl. If a person's blood sugar is below 80 mg/dl, it is too low.																
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35	Even though Target Ranges are sometimes individualized above 140 mg/dl, Target Ranges are not usually individualized below 70 mg/dl.	Even though Target Ranges are sometimes individualized above 130 mg/dl, Target Ranges are not usually individualized below 80 mg/dl.																
35	In other words, a blood sugar level below 70 mg/dl is considered low for people generally and means that the body needs more glucose to work normally.	In other words, a blood sugar level below 80 mg/dl is considered low for people generally and means that the body needs more glucose to work normally.																
37	If a person's blood sugar level is below 70 mg/dl, action steps need to be taken immediately to get the person a source of glucose (or sugar).	If a person's blood sugar level is below 80 mg/dl, action steps need to be taken immediately to get the person a source of glucose (or sugar).																
37	If your client does not have an individualized plan for low blood sugar, these standard steps can be taken for blood sugar below 70 mg/dl.	If your client does not have an individualized plan for low blood sugar, these standard steps can be taken for blood sugar below 80 mg/dl.																
40	If your client's blood sugar is below 70 mg/dl or you aren't able to check it with a glucometer, get your client a source of glucose (or sugar) immediately.	If your client's blood sugar is below 80 mg/dl or you aren't able to check it with a glucometer, get your client a source of glucose (or sugar) immediately.																

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42	Blood sugar below 70 mg/dl is too low and means the body needs more glucose to work normally.	Blood sugar below 80 mg/dl is too low and means the body needs more glucose to work normally.																
42	Blood sugar that is lower than usual or below 70 mg/dl.	Blood sugar that is lower than usual or below 80 mg/dl.																
43	If blood sugar is below 70 mg/dl or you are not able to check it with a glucometer, then: <ul style="list-style-type: none"> Follow your client’s individual plan for low blood sugar as instructed by your delegating RN. OR <ul style="list-style-type: none"> Follow the Rule of 15 if your client does not have an individualized plan. 	If blood sugar is below 80 mg/dl or you are not able to check it with a glucometer, then: <ul style="list-style-type: none"> Follow your client’s individual plan for low blood sugar as instructed by your delegating RN. OR <ul style="list-style-type: none"> Follow the Rule of 15 if your client does not have an individualized plan. 																
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