HANDOUT G-4

Diabetes and Viral Hepatitis: Important Information on Safe Diabetes Care

Blood glucose testing and insulin administration can expose people to bloodborne viruses (hepatitis B virus, hepatitis C virus, and HIV) when supplies are shared between people.

Outbreaks of hepatitis B virus infection associated with unsafe diabetes care 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 or insulin administration.

In order to prevent infections, the North Carolina Division of Public Health urges all health care providers to follow these simple rules for safe diabetes care:

Three Simple Rules for Assisted Blood Glucose Monitoring and Insulin Administration

1. FINGERSTICK DEVICES SHOULD NEVER BE USED FOR MORE THAN ONE PERSON	**2. BLOOD GLUCOSE METERS SHOULD BE ASSIGNED TO ONLY ONE PERSON AND NOT SHARED**	**3. INJECTION EQUIPMENT SHOULD NEVER BE USED FOR MORE THAN ONE PERSON**
➢ Restrict use of fingerstick devices to a single person. They should never be used for more than one person. ➢ Select single-use lancets that permanently retract upon puncture. This adds an extra layer of safety for the patient and the provider. ➢ Dispose of used lancets at the point of use in an approved sharps container. Never reuse lancets.	➢ Whenever possible, assign blood glucose meters to a single person. ➢ If blood glucose meters must be shared, they should be cleaned and disinfected after every use, per manufacturer's instructions, to prevent carry-over of blood and infectious agents. ➢ If the manufacturer does not specify how the device should be cleaned and disinfected then it should not be shared.	➢ Insulin pens should be assigned to only one person and labeled appropriately. They should never be used for more than one person. ➢ Multiple-dose vials of insulin should be dedicated to a single person whenever possible. ➢ Medication vials should always be entered with a new needle and new syringe. Never reuse needles or syringes. ➢ For information and materials about safe insulin pen use, visit www.ONEandONLY campaign.org
Always practice proper hand hygiene and change gloves between each person.		

Adapted from the Diabetes and Viral Hepatitis Important Information on Safe Diabetic Care, N.C. DHHS Division of Public Health