

Avoid prescribing self-monitoring of blood glucose (SMBG) in patients with type-2 diabetes mellitus on non-insulin therapies in the absence of hypoglycemia risk factors

Self-monitoring of blood glucose (SMBG) has been utilized as a guide for self-management and medication adjustment in insulin-treated patients to improve the glycemic control and to detect or confirm hypoglycemic episodes. However, national, and international guidelines discourage SMBG in patients with type-2 diabetes who are non-insulin dependent because of the limited additional clinical benefits. In addition to the limited efficacy, the unsafe practice of SMBG predispose patients to the risk of bloodborne pathogens transmission because of the frequent percutaneous exposures to blood. SMBG should be reserved to patients on intensive insulin regimens or on regimens associated with hypoglycemia to avoid the unnecessary risk of exposure to bloodborne pathogens.

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Infection Prevention during Blood Glucose Monitoring and Insulin Administration | Injection

Safety | CDC. (n.d.). Centers for Disease Control and Prevention.