



## Safe Injection Practices

The Tennessee Department of Health (TDH) wants to remind healthcare providers in all healthcare settings that they are responsible for following safe injection practices and appropriate infection control guidelines when monitoring glucose. We urge staff in leadership positions to ensure that safe practices are followed throughout their facility by all staff.

A lack of understanding and adherence to safe injection practices by healthcare personnel has resulted in more than 30 outbreaks of viral hepatitis and other healthcare-associated infections in the United States since 1999. According to the Centers for Disease Control and Prevention (CDC), most of these outbreaks and infections occurred in non-hospital healthcare facilities.

Healthcare providers in all settings must take every opportunity to prevent the transmission of bloodborne pathogens when administering parenteral injections. Infection control principles should be utilized every time. Following safe injection practices will save lives and facilitate compliance with regulatory requirements, but the primary goal is to keep patients and employees safe. Below are a few safe injection points:

- Proper hand hygiene should be used before preparing injections.
- Use aseptic technique, including scrubbing the access port (“scrub the hub”) with appropriate antiseptic.
- Single-use medication vials should be devoted to a single patient for a single procedure.
- Do not store multi-dose medication vials in the presence of contaminated supplies or patient equipment.
- Use a sterile needle and sterile syringe to administer each injection.
- Date multi-dose medication vials upon initial use and discard within 28 days of opening or according to manufacturer’s instructions.
- Discard vials if sterility is compromised.

Additional injection safety resources, including a link to a 10-minute safe injection practices educational video for healthcare providers are available at:

<http://www.oneandonlycampaign.org/videos/Default.aspx>.

<http://www.cdc.gov/injectionsafety/>



## Blood Glucose Monitoring and Safety Precautions

Bloodborne pathogens can be transmitted through the improper use of blood glucose monitoring equipment in healthcare settings. On August 27, 2010, the Centers for Medicare & Medicaid (CMS) made a number of recommendations for blood glucose monitoring in nursing homes. One of the most important recommendations is that glucose monitoring devices should not be used for more than one person if the manufacturer does not recommend specific agents for cleaning and disinfection between uses. The TDH has become aware of instances where the manufacturer's instructions were not adequate to ensure proper cleaning and disinfection; in such instances, the glucose monitoring device should not be used for more than one patient. Additional safety measures that should be followed include:

- Proper hand hygiene and gloves should be used before finger sticks.
- Restrict the use of finger sticks devices to one person.
- Select single-use lancets that permanently retract upon puncture.
- Dispose of used lancets at the point of use in approved sharps containers.
- Never reuse lancets.
- Whenever possible, blood glucose meters should be assigned to an individual person and not shared. The glucose meter should be cleaned and disinfected after every use per manufacturer's recommendations.

The FDA Office of In Vitro Diagnostic Device Evaluation and Safety (OIVD) sent a letter to manufacturers of blood glucose monitoring systems listed with the FDA. The letter was submitted in response to recent incidents of disease transmission from blood glucose monitors. The letters provides recommendations for glucose meter cleaning and disinfection procedures. This information can be viewed at the following link: <http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/InVitroDiagnostics/ucm227935.htm>.



Below are other resources available to assist you with safe blood glucose monitoring.

[www.cdc.gov/injectionsafety/blood-glucosemonitoring.html](http://www.cdc.gov/injectionsafety/blood-glucosemonitoring.html)

[http://www.cdc.gov/ncidod/dhqp/pdf/SchaeferM\\_NC\\_APIC\\_2009InjectionSafety.pdf](http://www.cdc.gov/ncidod/dhqp/pdf/SchaeferM_NC_APIC_2009InjectionSafety.pdf)

<http://www.fda.gov/Drugs/DrugSafety/PostmarketDrugSafetyInformationforPatientsandProviders/DrugSafetyInformationforHeathcareProfessionals/ucm133352.htm>