

測量血糖

Blood Glucose Measurement

用物準備：

Preparation for necessary items:

血糖機、試紙片、採血筆、採血針、酒精棉片、針頭收集筒。

Blood glucose meter, test strips, a lancing device, lancets (pocket or pen knife), alcohol swabs, a sharp container.

步驟：**Steps:**

1. 血糖機開機，取出試紙片並插入血糖機。

Turn on the blood glucose meter, and then take out one test strip and insert it into the blood glucose meter.

2. 採血筆裝上採血針，調整適當刻度。

Put a lancet onto the lancing device and adjust a proper scale.

3. 選擇手指末端外側，需輪換不同部位採血。

Select the outer end of a finger for taking blood, and blood should be drawn from different part of a finger in rotation.

4. 用大拇指輕揉預採血部位使其充血，並暫時壓住。

Use the thumb to gently rub a spot, where blood is to be drawn, to make it congest with blood, and temporarily hold down the spot.

5. 用酒精棉片消毒採血部位。待乾後再採血，以免影響血糖值。

Use alcohol swab to disinfect the blood-drawing spot; take a drop of blood after the spot is dry to avoid affecting the blood glucose level.

6. 採血筆貼緊採血部位，扎針後，擠出適量血量滴入試紙片上，待數據出現。

Keep the lancing device close to the blood-drawing spot and then jab at the spot with the lancet; squeeze a small amount of blood onto the test strip and wait for the data to show.

7. 紀錄數據。

Record the measured data.

8. 依照處方給予降血糖藥物或胰島素。

Give the hypoglycemic agent or insulin to the patient or ward according to the prescription.

列印日期： 年 月 日

單位：

05-2756000 分機：

注意： Notes:

1. 每天至少餐前測量一次，若有發現血糖不穩現象，請增加測量次數。

Measure blood glucose level at least once every day before a meal; in case of any unstable blood sugar conditions, number of measurement per day should be increased.

2. 試紙片請放置常溫、乾燥處。

Test strips should be stored in a dry place at room temperature.

3. 採血針請於採血後，丟到針頭收集筒，7-8 分滿拿回醫療院所回收；切記僅能單次使用。

The lancet should be thrown into the sharp container after the blood is drawn. When the container is about 70% to 80% full, it should be brought to a medical facility for recycles. Please remember, a lancet can only be used once.

4. 採血時若血量不足勿硬擠，請更換試紙片，再次進行採血。

Do not squeeze hard if insufficient amount of blood is drawn; use a different test strip for taking the blood one more time.

5. 血糖值：

Blood glucose value:

(1) 正常人：飯前空腹八小時應低於100 mg/dl；飯後兩小時，血糖值低於140 mg/dl。

Normal person: Have an empty stomach for eight hours before a meal, and the blood glucose value should be lower than 100 mg/dl; the blood glucose value should be

lower than 140 mg/dl two hours after a meal.

(2) 糖尿病患者：建議三餐空腹血糖應控制在80-120 mg/dl；為避免半夜低血糖，睡前血糖最好控制在100-140 mg/dl。

Diabetic patient: It is recommended to keep blood glucose level within 80-120 mg/dl on an empty stomach for three meals. In order to avoid low blood sugar at night, it is

better to keep the blood sugar level within 100-140 mg/dl before going to bed.

6. 血糖異常處理：

Blood glucose abnormality treatment:

(1) 低血糖Low blood sugar

A. 定義：如果血漿糖低於70 mg/dl 以下就表示血糖太低，但有些人可能低於50 mg/dl 以下才會出現下列症狀，所以應特別注意。

Definition: If plasma glucose is lower than 70 mg/dl, it means blood sugar is too low. However, the following symptoms may occur to some people only when blood sugar is lower than 50 mg/dl. Therefore, special attention must be paid.

B. 症狀：Symptoms:

● 輕度：當有飢餓感、四肢發抖、心悸、臉色蒼白、冒冷汗、頭痛、頭暈、易怒、虛弱、疲倦、嘴唇麻等症狀。

Mild symptoms: Sensation of hunger, trembling in every limb, palpitation, looking pale, in a cold sweat, headache, dizziness, irritability, weakness, fatigue or numb lips.

● 重度：反應遲鈍、行為反常、注意力不集中、精神恍惚、口齒不清、意識喪失。

Severe symptoms: Slow in reacting, abnormal behaviors, inability to concentrate, absentmindedslurred speech or loss of consciousness.

C. 處理：意識清楚時先給10-15 公克含糖的果汁或糖水（最好是方糖）或鋁箔包飲料1瓶，10 分鐘後視情況再決定是否須再給一次。

Treatment: Give the patient 10 to 15 grams of sugary juice, sugar water (sugar cubes would be the best) or one pouch of drink in aluminum foil when the patient is with clear minds; after 10 minutes, the caregiver should determine whether it is necessary to give sugar or sugar water to the patient one more time depending on conditions.

(2) 運動前的血糖已經低於100 毫克／百毫升，建議先補充15-20 克的醣類食物（例如一片土司或是兩片蘇打餅）後，才開始進行運動。

If blood sugar level is already lower than 100 mg/dl before taking any exercise, it is suggested to supplement 15 to 20 grams of carbohydrate food (such as one slice of toast or two saltine crackers) prior to taking an exercise.

(3) 若無及時發現而發生意識不清狀況，請告知雇主立刻送醫。

In case an unconsciousness situation occurs without timely detection, please notify the employer to take the patient to a hospital immediately.

(4) 高血糖：當平日測量血糖值高於200 mg/dl，請告知雇主，聯絡平日的糖尿病團隊，尋求提供照顧建議。

High blood sugar: If the measured blood sugar level is higher than 200 mg/dl in normal days, please notify the employer and contact the daily diabetes team to seek advice on care.

主辦單位：臺北市勞動力重建運用處

承辦單位：中華民國家庭照顧者關懷總會

Organized by: Taipei City Foreign and Disabled Labor Office

Sponsored by: Taiwan Association of Family Caregivers

參考資料：

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