

should be examined by the practitioner. It may be evidence of poor technique, poor hygiene, or poor skin healing relative to poor control. Many types of blood-testing meters are available for home use. Newer technology has brought about improvements in meter size and ease of use. The family should be shown features of several meters, including advantages and disadvantages, and allowed to choose equipment that best meets their needs.

The least expensive testing method uses a reagent strip to which blood is applied ([Fig. 28-5](#)). After blotting, the color change is compared against a color scale for an estimation of the blood glucose level. The strips can be cut in half (although not all professionals recommend this) to obtain two readings per strip. This method is not accepted practice but may be necessary for some families or situations.



FIG 28-5 Child using a blood glucose monitor and reagent strips to test his blood for glucose.

Urine testing.

Testing for urinary ketones is recommended during times of illness and when blood glucose values are elevated. Information on a specific ketone-testing product should include correct procedure, storage, and product expiration. Families need a clear