



About CADTH

The Canadian Agency for Drugs and Technologies in Health (CADTH) is an independent, not-for-profit agency funded by Canada's federal, provincial, and territorial governments. For more than 20 years, CADTH has been providing information and advice on drugs and other health technologies, based on the best available research. This information allows Canadians to make informed decisions about how to best use drugs and other health technologies, including blood glucose test strips.

For more information

More information about CADTH's research on blood sugar testing in type 2 diabetes is available online at www.cadth.ca/smbg.



You can find more information and resources on our website at the following links:

- Guide for Type 2 Diabetes and Monitoring Your Blood Sugar:
www.cadth.ca/media/pdf/smbg-nb_eng.pdf
- Alternate Prescription Pad:
www.cadth.ca/media/compus/pdf/C1109-Alt-Rx-Pad-Final-e.pdf
- Self-Management Action Plan:
www.cadth.ca/media/compus/pdf/C1109-Self-Management-Action-Plan-e.pdf

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TYPE 2 DIABETES AND BLOOD SUGAR TESTING IN RESIDENTIAL CARE

*NEW INFORMATION
FOR FAMILY MEMBERS
AND CAREGIVERS*

A GUIDE FOR YOU

What's New?

New research shows that most people with type 2 diabetes who are not on insulin do not need to test their blood sugar as often as they do now, and this will not affect their health in a negative way.

What do I need to know about blood sugar testing?

Measuring blood sugar using test strips and keeping track of the results is a common activity for most people living with diabetes. This is useful in some situations and some people may want to test more often if they are sick, if their medications change, or if their blood sugar levels are not stable. In these situations, testing can help guide any changes that may be needed.

Another way of testing blood sugar is the A1C test, which is done every 3 to 6 months



with blood drawn from a vein rather than a fingertip prick. It gives an overall picture of how well blood sugar has been controlled over the past 3 to 6 months. If your loved one's diabetes is well-controlled, a regular A1C test may be all that's needed.

Why is this important?

For people with type 2 diabetes who are not using insulin, there is very little proof that routine testing using test strips improves diabetes care.

Many people think of blood sugar testing as the main way to manage their diabetes, but good management of diabetes includes much more than blood sugar testing. It's important to monitor blood pressure, maintain a healthy diet and weight, take medications as prescribed, take good care of feet and eyes, and meet regularly with the health care team.



Will this change how my loved one is cared for?

Residents of long-term care facilities who have type 2 diabetes and are not on insulin may not need to have their blood sugar tested as often, using test strips. This should improve their quality of life, since it is less invasive and painful, and it allows residents and their health care team to spend more of their time and effort on other care activities.

Please talk to your physician, nurse, or pharmacist if you need more information.

