

Taking Blood Measurements Cheat Sheet

*This document is not meant to replace policy or procedure. It is meant to summarize the key pieces of taking blood measurements.

- ✓ If obtaining hemoglobin/hematocrit data from another source (i.e. doctor's office, Head Start or Child Health):
 - It can be taken verbally from a staff person at that source but not verbally from the participant/parent
 - Documentation from the source can be mailed, emailed, faxed or brought in person by the participant/parent or they may present electronic chart data if available.

- ✓ The test must reflect the participant's categorical status, (e.g. a hemoglobin taken during the end of pregnancy cannot be used to certify a postpartum woman) the test date must be from within 90 days of the certification and it must meet the screening schedule requirements for certifications listed below.

Age/Category	Screening Schedule	Notes
Birth - 12 months	Once between 9-12 months	This test result cannot also be used for the 12 - 24 month test. You can use a test result from between 6 and 9 months but this should not be the usual practice.
12 - 24 months	Once between 12 – 24 months	This test is recommended to be done 6 months after the 9 - 12 month test.
24 – 60 months	Once between 24 – 36 months Once between 36 - 48 months Once between 48 – 60 months	There could be more than 12 months between tests yet the child is still up-to-date with the screening schedule.
Pregnancy	During their current pregnancy.	Bloodwork results will be analyzed based on the trimester the data was obtained.
Breastfeeding/Not Breastfeeding	After the termination of their pregnancy.	-----

- ✓ Follow-up tests at 6 month intervals are needed for:
 - Children and breastfeeding women who had a low hemoglobin or hematocrit reading at the previous screening
 - Children who are currently at risk for anemia due to recent illness or diagnosis of a medical condition

- ✓ If a pregnant woman has a hemoglobin concentration of <9.0 gm or a hematocrit level of <27.0%, refer her for further medical evaluation.

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- ✓ Local agencies are encouraged to work with local health care providers in their service area to establish referral criteria that are mutually acceptable for infants and children.
- ✓ Refer pregnant women with hemoglobin concentrations >15.0 gm or hematocrit levels >45.0% for further evaluation.
- ✓ Summary of steps for measuring hemoglobin with the Hemocue:
 - Assemble equipment: Gather a lancet, gauze, alcohol swab, bandage remove a cuvette from the vial and immediately replace the cap tightly. Put on gloves.
 - Clean the applicant's finger (ring or middle finger for children and women) by rubbing with 70% isopropanol. Allow to dry.
 - Hold the applicant's hand, puncture the skin quickly and firmly, deep enough for blood to flow freely, and wipe away the first three good-sized drops of blood with dry gauze. Do not "milk" the finger.
 - Introduce the cuvette tip into the middle of the fourth drop of blood. Fill the entire cuvette.
 - Cover the puncture site with dry gauze and have the participant/parent apply pressure.
 - Wipe off excess blood from both sides of the cuvette like you would a butter knife.
 - Insert the cuvette into the Hemocue machine and read the result. Discard the cuvette and lancet into a puncture-resistant container and close the lid.
 - Apply a bandage, remove gloves, and then wash hands or use approved hand sanitizer before you record the results in the data system and explain them to the participant/parent.
- ✓ Summary of steps for measuring hemoglobin with the Pronto:
 - Ensure that the participant is seated comfortably in a chair with their arm resting on a table. If testing a child, have the parent/guardian hold the child on their lap and gently hold the child's hand and sensor to keep it still.
 - Select and connect a pediatric or adult sensor for the participant. To use the pediatric sensor, the participant must weigh at least 22 pounds. Turn the machine on.
 - Place the sensor on the participant's finger. The participant's finger that is used must be large enough to cover all lights within the sensor to accurately work. For a child, place the sensor on their thumb.
 - Begin the test and wait for the timer to countdown until complete. When the test is successful there will be an audible tone and the screen will display results.
 - Wipe down the sensor site with a 70% isopropyl alcohol pad, record the results in the data system and explain them to the participant/parent.