**Libre Glucose Monitoring**

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**Student statement:** By submitting this reflection, I am acknowledging that it is my own work. Comments are my own and have not been used in any previous work (inside or outside the institution). I have followed the rules outlined by my instructor and am compliant with the University of Windsor, St. Clair College, and/or Lambton College Academic Integrity Policy.

Student Name: Reem Boudali Student Number: 110007510 Date: March 22, 2021

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| **Category** | **Satisfactory** | **Unsatisfactory** | **Student Reflection (must be typed)** |
| **Look Back**  **(L)** | * Identifies **ONE** relevant clinical event/experience/ learning opportunity that was significant/impactful in one or two sentences. * Describes this **ONE** clinical event so that the reader can gain an understanding of what occurred. * Provides opinion/idea/perspective and feelings related to own. role/actions/performance in this clinical experience. | * Does not provide a clear and succinct description of ONE clinical event, experience or learning opportunity. * Does not provide own feelings related to the clinical experience. * Identified event, experience, or learning opportunity is not relevant to clinical practice. | On March 9, I had to perform an accucheck on my patient. I was informed that the patient had a Libre or electronic glucose monitor. I had never used one of these machines to obtain a glucose reading before, so I was both nervous and excited. When I entered the patient’s room, I informed her I was there to take her reading. She showed me the machine and instructed me to place the monitor screen side down onto the pad after she saw me struggling to use it. Although it was a very short experience, I found it easy and would like to learn more about the device. |
| **Examine Experience**  **(E)** | * Selects a scholarly article that relates to this clinical experience (may use a CNO standard or BPG in addition to article, but not in lieu of an article). * Briefly summarizes key ideas/findings of the article. * Compares/contrasts own ideas/thoughts with those expressed by the author(s) with explanation. | * Does not incorporate a scholarly article. * Summary of the key ideas/findings of the article are not included.      * No explanation of the author’s ideas/thoughts compared/contrasted with own. | The article I found was featured in a journal by the American Diabetes Association and outlines what the Libre machine is and how it works. In summary, the machine uses a disposable sensor that is placed in the patient’s arm and remains there for 10-14 days (Blum, 2018). Using a handheld device with the appropriate software, users can obtain their glucose readings at any time without pricking their fingers constantly. Furthermore, the reading device stores readings and provides trends of recent numbers (Blum, 2018). Blum (2018) explains that this system can be cost effective for patients and clinics that have a large population of patients with diabetes; however, there is evidence that shows the device has decreasing accuracy with low glucose readings.  I agree with the author that these devices are very helpful. Many patients I have had to do glucose checks on complain about having to prick their fingers constantly. Having the Libre system helps avoid this and can save nurses time when they’re in the hospital because there is no need to set up the device and input the patient specific information. |
| **Appraise**  **and**  **Analyse**  **(A)** | * Discusses at least **two** other people’s ideas/opinions/ perspectives that should be considered related to this clinical event (how might they feel: e.g. client, peer, family, other discipline, etc.).   **\*\***A reflection graded as ***excellent would also include the following:***   * Examines perspectives surrounding this event at the level of nursing in general, and/or society in general (e.g. impact on health care system/nursing profession, political, financial, cultural influences on Canadians). * Identifies how the event/situation challenged own perspective(s) and status quo (usual way of doing things). * Poses questions that should be considered due to their significance to nursing practice. | * No other perspectives are discussed. * Only one other perspective is discussed | Blum (2018) explains that for healthcare providers, Libre is a good option because it can store patient information for periods of time. In the case of any emergency or medical event, this information can be accessed. This is great for patients who are not consistent with their readings or do not like to fingerpick. Patient also like the device because it is small and does not interfere with ADLs (Blum, 2018). From a financial perspective, Libre is also cost-effective and affordable for facilities and patients (Blum, 2018).  Learning about electronic glucose monitoring made me realize how effective technology can be in nursing practice. Although we like to use machines all the time and trust their readings (e.g., vitals machine). We still know that use manual techniques are best practice. The Libre has been shown to be accurate and continuously monitors blood glucose (Blum, 2018); therefore, we do not have to worry about that. Something we should question though, is how to reduce the inaccuracies of low blood glucose and whether in those cases we should resort to alternative methods of blood sugar monitoring. |
| **Research**  **and**  **Revision**  **®** | * Provides summary of learning from this clinical experience and from the article findings. * Identifies what they could have done differently in this clinical experience. | * Summary not provided * Does not identify what they could have changed about their own role/actions/performance in this clinical experience. | Overall, I learned that electronic glucose monitoring systems and both cost and time effective. They are very useful for healthcare and home settings and should be considered for use when possible. In my clinical experience, I could have researched the device or watched a video in advance to become familiarized with how to use the machine for the first time. |
| **New Perspective**  **(N)** | * Incorporates specific examples of how this new/enhanced knowledge will be implemented into future practice as a nurse. * Identifies a nursing resource(s) that will assist to develop this aspect of practice (e.g. identify a specific nursing textbook etc.). | * No specific examples for implementation into future practice are incorporated. * Does not identify a nursing resource to assist with learning | In my future practice, I will understand how the Libre machine works and in situations where the patient is experiencing hypoglycemia, I will know to take caution with the readings an electronic glucose monitoring system will give me because it may be inaccurate. If I require more information on these types of systems, I can refer to the manufacturer’s website or articles in the ADA’s journals. |
| **Concept Identification** | * Identifies and describes key curricular concepts that influence the experience (minimum one in 1st year; two in 2nd year; three in 3rd year; minimum four in 4th year)   (critical thinking, know-based practice, evidence informed decision-making, health, teaching & learning, professional practice, communication, leadership, collaboration, safety, person family centered care, and informatics) | * Does not identify and/or describe related curricular concepts that relate to the experience/reflection. | The main concept of this journal was informatics because electronic glucose monitoring combines healthcare with technology. Another concept is evidence informed decision making. Since these types of systems are relatively new, it is important to do proper research on how they work and if they are accurate before implementing them into practice. |
| **References and APA Format** | * Scholarly article(s) and any additional resources (CNO, BPG) correctly cited in reflection in APA format. * Title page in correct APA format * Reference in correct APA format | * Incorrect APA format throughout reflection * Incorrect APA format on title page * Incorrect APA format for article(s) and/or other sources. | **Student Reference(s) in APA Format:**  Blum A. (2018). Freestyle Libre Glucose Monitoring System. *Clinical diabetes: A publication of the American Diabetes Association*, *36*(2), 203–204. https://doi.org/10.2337/cd17-0130 |
| **Grade:** | **□ Satisfactory □ Excellent** | **□ Unsatisfactory** |  |
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