



Gravity Method

Where Tools, Technique, *and* Science *meet!*

21POC FINGER STICK Technique

1. Point the finger DOWN, with the pad of the finger facing the floor. Gravity now takes blood to the site.
2. Prep the site and don't touch it with your not-sterile glove.
3. Bring the lancet or cutting device UP to the finger, cut.
4. Let the first drop of blood go.
5. Hold the collecting device to the blood droplet – do not touch the surface of the skin.
6. If you need to encourage bleeding, gently squeeze the hand, not the site.
7. When finished, apply pressure for 3 minutes.
8. Properly process the collected specimen – remember not to hemolyze the specimen.



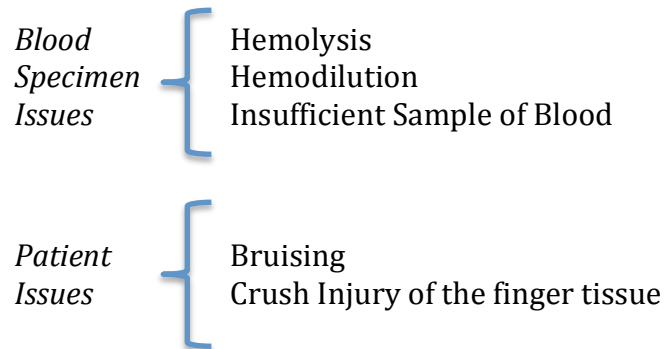
Why change?

“After all, we always get blood!”

Nurse Nancy, Medical Assistant Joan, Paramedic Jack

But here’s what else you get with the *‘UP, SQUEEZING, SCRAPPING, ANTI-GRAVITY’* method.

Complications, compromises, injuries, and failures:



The diabetic patient now has an injury that must be healed; and diabetics don’t heal well; and their bruised and sore fingers prevent them from – holding a toothbrush, combing their hair, buttoning their shirt, tying their shoes, picking up a fork to feed themselves....

GET IT?