# Module 8: Blood Collection – Finger Prick





# **Learning Objectives**

At the end of this module, you will be able to:

- Explain the preparation tasks required for rapid tests
- Put a client at ease while collecting blood
- Collect blood from a finger prick accurately and confidently

### **Content Overview**

- Preparation for testing
- Educating your client
- Performing a finger prick



# Video: Initial Steps

The video will help you answer these questions:

- What are the pre-test preparation steps?
- What safety precautions should you use?
- What should you look for in examining kits before use?
- How do you put your client at ease while performing the test?

## Video: Finger Prick

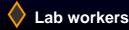
The video will help you answer these questions:

### • How do you ...

- Position the hand?
- Decide which finger to use?
- Clean the fingertip?
- Use a lancet?
- Ensure blood flow from your client's fingertip?

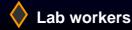
### • Do you ...

- Use a previously used lancet on a client?
- Collect the first drop of blood?



### **Pre-collection Safety Precautions**

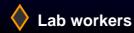




### Finger Prick – Getting Started



#### **1. Collect supplies**



Health workers

# **Finger Prick – Finger Preparation**



2. Position hand palm-side up. Choose whichever finger is least calloused.



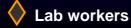
4. Clean the fingertip with alcohol. Start in the middle and work outward to prevent contaminating the area. Allow the area to dry.



3. Apply intermittent pressure to the finger to help the blood to flow



5. Hold the finger and firmly place a new sterile lancet off-center on the fingertip





**Health workers** 

# Finger Prick – Collecting Blood



6. Firmly press the lancet to puncture the fingertip



8. Collect the specimen. Blood may flow best if the finger is held lower than the elbow.

Lab workers



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7. Wipe away the first drop of blood with a sterile gauze pad or cotton ball



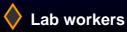
9. Apply a gauze pad or cotton ball to the puncture site until the bleeding stops

Counselors

### **Finger Prick - Proper Disposal**



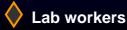
#### **10. Properly dispose of all contaminated supplies**



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# **Instructor-Led Demonstration**



# Role Play: Rehearsing Finger-Pricking a Client

#### <u>Purpose</u>

To practice:

- Educating clients (what do you do to put them at ease)
- Performing a finger prick (rehearse the action <u>without</u> actually pricking the finger)

Total Time 10 Minutes

#### Process

- Work in pairs
- Decide roles
  - Tester
  - Client
- The tester practices on the client (3 min)
- Switch roles; repeat the process (3 min)
- Exchange feedback on each other's performance (3 min)

## Hands-on Practice: Transfer Pipette

#### **Purpose**

 To practice using a pipette efficiently

### **Materials required**

- Transfer pipette
- A cup of water

### **Process**

- Work alone
- Use the pipette to draw and release sufficient amount of water until you become efficient

### <u>Time</u> 5 minutes

# Hands-On Practice: Finger Prick

#### <u>Purpose</u>

To practice finger-prick on other people using a lancet, pipette, and other supplies



#### Process

- Work in groups of 3
- Decide roles: tester, client, observer
- The tester practices on the client while the observer provides feedback. (15 minutes)
- Switch roles and repeat the process until everyone has taken on each role once.

### Summary

- What do you check in a test kit before use?
- How do you put a client at ease while collecting blood?
- What supplies do you need for a finger prick?
- What are the steps when performing a finger prick?
- What safety precautions should you follow?

