## Metabolic Investigations
Use in conjunction with Metabolic Protocols.

### Problem:
______________ is to undergo metabolic investigations.

<table>
<thead>
<tr>
<th>S/N Sig:</th>
<th>Date:__________</th>
<th>Planned by: _______</th>
<th>Problem no: 98</th>
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</thead>
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### Goal:
- a) To ensure patient safety during investigations
- b) To ensure safe collection of samples
- c) To allay anxiety and provide reassurance during investigations and during recovery period

### Nursing care:

1. Nurse_________ in a safe environment close to oxygen and suction.
2. Prepare child and family for investigation by re-enforcing explanation given by doctors. Ensure specific instructions re. fasting, collection of specimens etc are clear.
3. Provide Parents / ___________ with information leaflets re. study / protocol.
4. Ensure necessary laboratory forms have been completed by Metabolic Team.
5. Inform laboratory of intention to commence study at ________ hours (if applicable).
6. Liaise with ward nurses competent in intravenous cannulation insertion / Intravenous Cannulation Nurse Specialist / medical team re. insertion of Cannula for blood sampling (use Intravenous Cannula care plan).
7. Encourage adequate water intake throughout study to ensure satisfactory urine flow.
8. Adhere to Hospital policy re. blood sampling from cannula. Ensure where possible that samples are atraumatic.
9. Refer to protocol for method, timing and list of required samples. Attach individual Protocol/s to be used to this care plan.
10. Ensure rapid transfer of samples to laboratory.
11. Record results of samples from YSI machine on Glucose & lactate flow sheet – document if from heel/ finger / cannula.

### Test / Study Commenced on

<table>
<thead>
<tr>
<th>Test / Study Commenced on _________  ✓ / x ☐</th>
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### Glucose & Lactate profile
Adhere to home dietary regime where possible to give best possible indication of normal response to fasting.

<table>
<thead>
<tr>
<th>Glucose &amp; Lactate profile</th>
<th>Fasting Study:</th>
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</thead>
<tbody>
<tr>
<td>Lactate: Pyruvate Study</td>
<td>No. of hours to fast ___________</td>
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<tr>
<td></td>
<td>Fast from ___________ hours</td>
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</tbody>
</table>

### Fasting Study:
- No. of hours to fast ___________
- Fast from ___________ hours. Finish fast at ___________ hours.
- Ensure rescue doses have been prescribed +/- glucagon
- Observe closely for signs and symptoms of hypoglycaemia.

### Oral Glucose Load
- Administer ________ g / kg glucose at ___________ hours in the form of ___________ (insert name). **Must drink glucose within 10mins.** If refused orally, pass nasogastric tube and administer via tube. Nasogastric tube size ________ FG.