



Lab Investigations in Personal Care Homes

PURPOSE:

Southern Health-Santé Sud promotes safe, standardized, routine monitoring and medical care for medically stable residents of personal care homes by implementation of this guideline. The physician or nurse practitioner in consultation with the Health Care Team and the resident /designate will exercise clinical judgement in managing those who are medically unstable.

1. This Guideline represents minimum suggested testing schedule.
2. Increased testing shall be based on clinical indications/symptomatology rather than “routine”.
3. A physician order is required for all laboratory investigations.

PROCEDURE:

MEDICATION SPECIFIC DRUG LEVELS	FREQUENCY	CLINICAL INDICATION
Carbamazepine level	Annually	Drug level
Digoxin level	Annually	Drug level
Dilantin level	Annually	Drug level
Ferritin (for those on Iron replacement therapy)	Annually	Reassess need for iron supplement
Lithium level	Annually	Drug level
Phenobarb level	Annually	Drug level
Theophylline level	Annually	Drug level
L-Thyroxine (TSH level)	Annually	TSH level
GENERAL LABORATORY INVESTIGATIONS		
CBC, TIBC	Annually	Reassessment
Electrolytes (if on Lithium or diuretics)	Every 6 months	Ensure normal range
Hgb A1C (for oral hypoglycemic)	Every 6 months	Reassess control
Hgb A1C (insulin)	Quarterly	Reassess control
Glucose monitoring (e.g. Accu-check, Glucometer)	Quarterly	For those residents on Loxapine, Olanzapine, Risperidone
PT, Coumadin / INR	Quarterly	Reassess therapeutic level
Creatinine	Annually	Influenza outbreak management
OTHER		
Residents on medicated eye drops should have an annual review/appointment with an optometrist or ophthalmologist.		