

<b>River Valley Therapeutic Residence Policy and Procedure</b>		
<b>Capillary Blood Collection By Skin Puncture</b>		
Effective: 4/25/2023	Revised:	Due to Review: 4/28/2025

## **POLICY**

The purpose of this policy is to provide Registered Nurses at the River Valley Therapeutic Residence with the necessary knowledge to perform Capillary Blood Specimen collection that is both effective and safe for patients and practitioners.

## **PROCEDURE**

It is not always safe or possible to obtain blood via venipuncture. If the specimen requirements allow, blood specimens may be obtained through capillary blood collection via skin puncture (finger stick). Capillary blood collection methods can be used for Complete Blood Count (CBC) with Differential only at this time.

### Specimens

A Complete Blood Count (CBC) with Differential test requires a blood sample size between the 250 $\mu$ l and 500 $\mu$ l collection markers on the microtainer. Specimen volumes closer to 500 $\mu$ l are preferable as 250 $\mu$ l is the minimum volume of blood needed for this test. The specimen should be delivered to the UVMMC laboratory immediately. If immediate delivery is not possible, the specimen should be refrigerated and delivered to UVMMC as soon as possible. The specimen should not be stored longer than 24 hours from the time of collection.

### Supplies and Equipment

1. Resident Label
2. Gloves
3. Alcohol Wipes
4. Fingerstick Lancets
5. Gauze
6. Purple Top Microtainer Tubes
7. Bandage

References:

WHO Guidelines on Drawing Blood: Best Practices in Phlebotomy:  
[https://www.euro.who.int/\\_data/assets/pdf\\_file/0005/268790/WHO-guidelines-on-drawing-blood-best-practices-in-phlebotomy-Eng.pdf](https://www.euro.who.int/_data/assets/pdf_file/0005/268790/WHO-guidelines-on-drawing-blood-best-practices-in-phlebotomy-Eng.pdf)

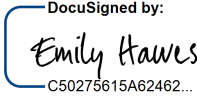
**Resources:**

Link to Training Video:

<https://www.youtube.com/watch?v=cznJp7dT7Zw>

Link to Procedure Graphic:

[https://www.cdc.gov/nceh/dls/pdf/Poster\\_Preparing\\_DBS.pdf](https://www.cdc.gov/nceh/dls/pdf/Poster_Preparing_DBS.pdf)

<b>Approved by</b>	<b>Signature</b>	<b>Date</b>
Emily Hawes Commissioner Vermont Department of Mental Health	 <p>DocuSigned by: <i>Emily Hawes</i> C50275615A62462...</p>	5/1/2023