

Diabetes Management in Schools: Hypoglycemia or Low Blood Sugar

Hypoglycemia, which often cannot be prevented, is the greatest immediate danger to students with diabetes.

Causes of hypoglycemia:

- Administering too much insulin
- Skipping or delaying meals or snacks
- Not eating enough food as prescribed in the meal plan
- Exercising longer and more intensely
- Combination of above factors

Signs of hypoglycemia (varying from student to student) may include:

Mild/Moderate Symptoms

- | | | |
|-----------------|------------------------|----------------------------|
| - Shaky | - Sleepy | - Changes in personality |
| - Sweaty | - dizzy | - Inability to concentrate |
| - Hungry | - Confused | - Weak |
| - Pale | - Disoriented | - Lethargic |
| - Headache | - Uncoordinated | - Changed behavior |
| - Blurry vision | - Irritable or nervous | |

Severe Symptoms

- Inability to swallow
- Seizure or convulsions
- Unconscious

Treatment of Hypoglycemia

Mild/Moderate Symptoms

- 3 to 4 glucose tablets
- 3 tsp glucose gel
- 4 oz. juice
- 6 oz. non-diet soda

Severe Symptoms

- Position the student on his/her side
- Contact the school nurse or trained diabetes personnel
- Administer glucagon, as prescribed
- Call 911, state it is a hypoglycemia emergency
- Call student's parents

If a student with diabetes complains of feeling low or not feeling well, send somebody with them to the nurse's office. Sending a student who is low alone could be dangerous if the student loses consciousness.