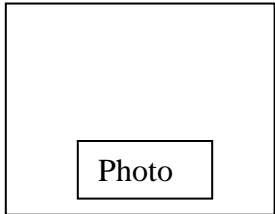


LOW BLOOD SUGAR PLAN

NAME: _____ DOB: _____ GRADE/TEACHER: _____

DATE: _____ School Nurse: _____ Nurse Contact Number: _____

PARENT NAME: _____ Contact Number: _____

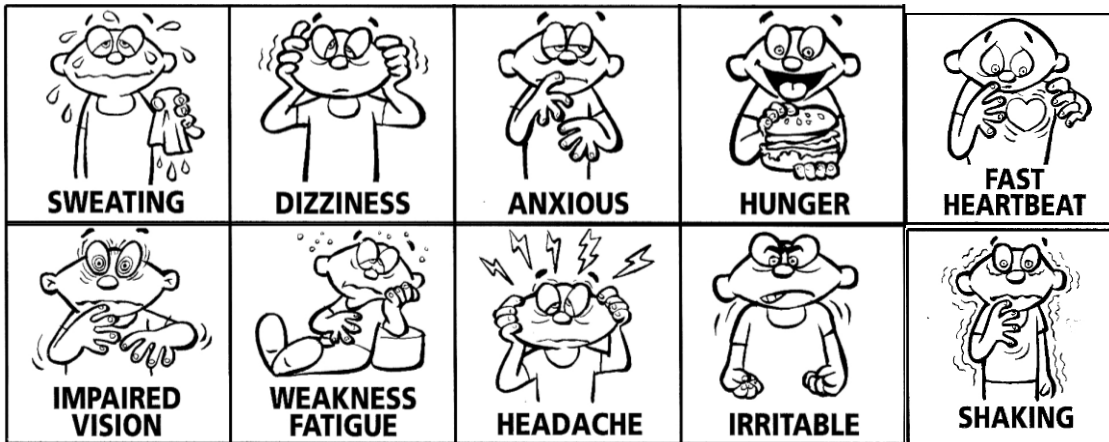


Never send a child with suspected low or high blood sugar anywhere alone.

Causes: Too much insulin, Missed food, Delayed food, Too much exercise, Unscheduled exercise

Onset: Sudden

SYMPTOMS



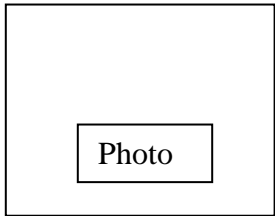
IF YOU SEE THIS	DO THIS If possible, an adult stays with student at all times!!!!
<p>MILD TO MODERATE symptoms Blood sugar range symptoms start to appear: _____ Circle usual symptoms for student: Add others student specific if necessary</p> <p>Hunger, Dizziness Shakiness Sweating Weakness Drowsiness Paleness Irritability Anxiety, Inability to concentrate, Confusion Personality change Headache, Behavior change Poor coordination Blurry vision Weakness Slurred speech</p>	<p>Send student to office with someone where the following treatment will occur</p> <ol style="list-style-type: none"> If possible check blood sugar, but always when in doubt TREAT with concentrated sugar. If less than _____ give one of the treatments below located: _____ Treats self or someone assists with <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>Normal Blood sugar is _____</p> <p>Call parent if blood sugar is above _____ or below _____</p> </div> <p style="text-align: right;">2-3 glucose tablets or 4-8 oz. Juice or 4-8 oz. regular soda or Glucose gel product or 3-8 Lifesavers</p> <ol style="list-style-type: none"> Wait ten to fifteen minutes and recheck blood sugar. Repeat above quick sugars if symptoms persist or blood sugar is less than _____. When blood sugar is above _____ give student a snack of carbohydrate and protein, e.g., crackers and cheese. _____ # of CHO's Communicate with parents and Nurse as directed in IHP.
<p>Student becomes worse: Will not or cannot drink or swallow or becomes unconscious</p>	<p style="text-align: center;">Call 911 call school nurse, call parent</p> <p>If GLUCAGON is ordered: have glucagon ready so that the parent, school nurse, parent-designated adult, or EMS services can administer upon arrival. Glucagon is located: _____</p> <p>If No Glucagon is ordered: Lay student down, roll onto side, pull lower lip down and squeeze (glucose gel) between the lower lip and the gum. Keep student turned on side and maintain open airway to prevent choking. Glucose gel located: _____</p>
<p>SEIZURE</p>	<p>Clear area to prevent injury, place soft material under head. Do not hold student down. Do not put anything in mouth.</p>
<p>BREATHING STOPS</p>	<p>If breathing stops Begin CPR/Rescue Breathing</p>

HIGH BLOOD SUGAR PLAN

NAME: _____ DOB: _____ GRADE/TEACHER: _____

DATE: _____ School Nurse: _____ Nurse Contact Number: _____

PARENT NAME: _____ Contact Number: _____

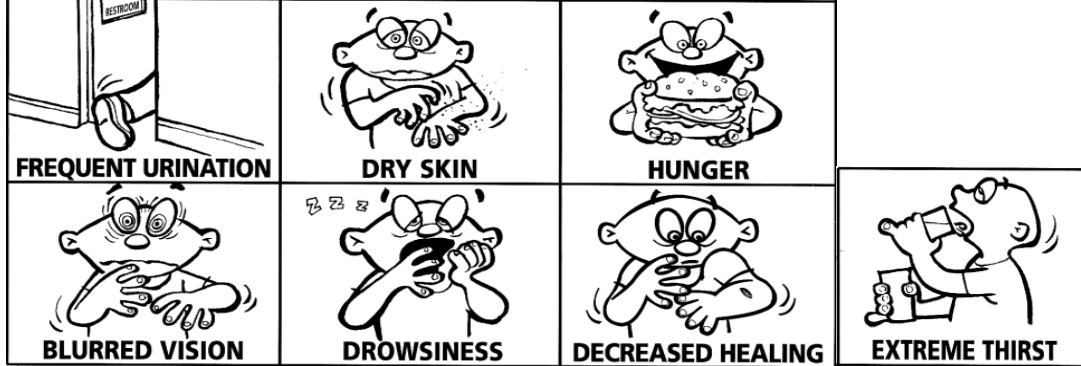


Never send a child with suspected low or high blood sugar anywhere alone.

Causes Too much food, Too little insulin, Decreased activities, Illness, Infection, Stress

Onset: Over time, several hours, or days may progress to Coma

Symptoms



IF YOU SEE THIS	DO THIS If possible, an adult stays with student at all times!!!!
<p>MILD TO MODERATE symptoms Blood sugar range symptoms start to appear:</p> <hr style="width: 20%; margin-left: 0;"/> <p><small>Circle usual symptoms for student: Add others student specific if necessary</small></p> <p>Thirst Frequent urination Fatigue/sleepiness Increased hunger Blurred vision Stomach pains, Nausea, Vomiting Flushing of skin Lack of concentration Sweet breath Dry mouth</p>	<p>Send student to office with someone where the following treatment will occur</p> <p>6. If possible check blood sugar, but always when in doubt TREAT Treats self or someone assists with</p> <ol style="list-style-type: none"> 1. Insulin according to blood sugar results 2. Drink zero calorie fluids. 3. Check urine Ketones, if student able. 4. Decrease activity if ketones at mild, moderate or large (circle one) and blood sugar above _____. 5. Student may need to use bathroom frequently. 6. A water bottle in the classroom may encourage the intake of fluids. 7. Communicate with parents as directed in IHP.
<p>SEVERE Symptoms Blood sugar range symptoms start to appear:</p> <hr style="width: 20%; margin-left: 0;"/> <p>Mild to moderate symptoms plus: Labored breathing Very weak Confused Ask if oriented to person, place, thing and time Unconscious</p>	<ol style="list-style-type: none"> 1. Call 911 2. Notify school Nurse 3. If student is lying down, turn to side to prevent choking. Position on side, if possible 4. If seizure clear area to prevent injury, place soft material under head. Do not hold student down. Do not put anything in mouth. 5. If stops breathing, perform CPR/Rescue breathing 6. Contact parents
SEIZURE	<p>Clear area to prevent injury, place soft material under head. Do not hold student down. Do not put anything in mouth.</p>
BREATHING STOPS	<p>If breathing stops Begin CPR/Rescue Breathing</p>