Hyperglycemia Emergency Care Plan (For High Blood Glucose)

Student's Name: _____

Grade/Teacher: _____

Date of Plan: _____

Emergency contact information

Parent 1/Guardian: _____

Email Address: _____ Home Phone: _____

Work Phone: _____ Mobile: _____

Parent 2/Guardian: _____

Email Address: _____ Home Phone: _____

Work Phone: _____ Mobile: _____

Health Care Provider: _____

Phone Number: _____

School Nurse: _____

Contact Number(s): _____

Trained Diabetes Personnel: _____

Contact Number(s): _____

Causes of Hyperglycemia	Onset of Hyperglycemia
• Too little insulin or other blood glucose-lowering medications • Insulin pump or infusion set malfunction • Food intake that has not been covered adequately by insulin • Decreased physical activity • Illness • Infection • Injury • Severe physical or emotional stress	• Over several hours or days

NDEP National Diabetes Education Program
A program of the National Institutes of Health and the Centers for Disease Control and Prevention

Hyperglycemia Symptoms	Hyperglycemia Emergency Symptoms Diabetic ketoacidosis (DKA), which is associated with hyperglycemia, ketosis, and dehydration
Circle student's usual signs and symptoms.	
• Increased thirst and/or dry mouth • Frequent or increased urination • Change in appetite and nausea • Blurry vision • Fatigue • Other: _____	• Dry mouth, extreme thirst, and dehydration • Nausea and vomiting • Severe abdominal pain • Fruity breath • Heavy breathing or shortness of breath • Chest pain • Increasing sleepiness or lethargy • Depressed level of consciousness

Actions for Treating Hyperglycemia	
Notify school nurse or trained diabetes personnel as soon as you observe symptoms.	
Treatment for Hyperglycemia	**Treatment for Hyperglycemia Emergency**
☐ Check the blood glucose level. ☐ Check urine or blood for ketones if blood glucose levels are greater than _____ mg/dL. ☐ Calculate the Insulin Correction Dose needed as specified in the DMMP. ☐ Administer supplemental insulin dose: _____. (If student uses a pump, see instructions below.) ☐ Give extra water or non-sugar-containing drinks (not fruit juices): _____ ounces per hour. ☐ Allow free and unrestricted access to the restroom. ☐ Recheck blood glucose every 2 hours to determine if decreasing to target range of _____ mg/dL. ☐ Restrict participation in physical activity if blood glucose is greater than _____ mg/dL and if ketones are moderate to large. ☐ Notify parents/guardians if blood glucose is greater than _____ mg/dL or if ketones are present. **For Students Using an Insulin Pump** • If student uses a pump, check to see if the pump is connected properly and functioning by giving a correction bolus through the pump and checking the blood glucose 1 hour later. • If moderate or large ketones are present, treat ketones with a subcutaneous injection of insulin, then change pump site or initiate pump back-up plan. • For infusion site failure: insert new infusion set and/or replace reservoir or pod, or give insulin by syringe or pen. • For suspected pump failure: suspend or remove pump and give insulin by syringe or pen.	☐ Call parents/guardians, student's health care provider, and 911 (Emergency Medical Services) right away. ☐ Stay with student until Emergency Medical Services arrive.