

QUICK REFERENCE EMERGENCY PLAN
 For a Student with Diabetes
TREATMENT OF HYPOGLYCEMIA
 (Low Blood Sugar <70mg/dl)

Never send a child with suspected low blood glucose anywhere alone.

When hypoglycemia is suspected, check blood glucose if possible. When in doubt, always TREAT FOR HYPOGLYCEMIA.

Common Causes of Hypoglycemia

- Too much insulin
 - Missed food
 - Delayed food
- Too much or too intense exercise
 - Unscheduled exercise

SYMPTOMS

Mild

- Hunger
- Shakiness
- Weakness
- Paleness
- Dizziness/Poor coordination
- Lack of Concentration
- Personality change
- Behavior change
- Confusion
- Sweating
- Other

Severe

- Loss of consciousness
- Seizure
- Inability to swallow
 (Circle student's usual symptoms)

ACTIONS NEEDED

Mild

- Provide 15 grams of fast-acting carb
 4 oz. juice **OR** 3-4 glucose tablets
 OR other _____
- Wait 15 minutes
- Recheck blood glucose
- Repeat treatment if blood glucose is <70mg/dl
 - If >1hr before a meal, give a snack of carbohydrate and protein

Severe

- **DO NOT** give anything by mouth
- Position on side, if possible
- Contact trained medical personnel
- Administer Glucagon as prescribed
- Call 911
- Contact parents/guardian
- Stay with student

QUICK REFERENCE EMERGENCY PLAN
For a Student with Diabetes
TREATMENT OF HYPERGLYCEMIA
(High Blood Sugar)

Never send a child home for a high blood glucose unless ketones are moderate or large or child is vomiting or feels ill.

If blood glucose is over 300mg/dl before eating or if sick or vomiting, TEST URINE FOR KETONES.

Common Causes of Hyperglycemia

Too much food
Too little insulin
Decreased activity
Illness/infection
Stress

SYMPTOMS

Mild

- Increased hunger/thirst
- Frequent urination
- Fatigue/sleepiness
- Blurred vision
- Stomach pains
- Lack of concentration
- Other

Severe

- Nausea/vomiting
- Moderate or large urine ketones
- Sweet, fruity breath
- Labored breathing
- Confused/unconscious

ACTIONS NEEDED

Negative Ketones

- Give extra water or sugar free drinks
- Allow use of bathroom as needed
- Encourage exercise
- Inform parents of frequent high readings

Trace to Small Ketones

- Give at least 8oz. water every hour
- Recheck ketones at next urination

Moderate to Large Ketones

- Call parent – extra dose of insulin will be needed
- Encourage water until parent is contacted
- If student is nauseous, vomiting, or lethargic, call for medical assistance if parent cannot be reached