

# Emergency Care Plan (ECP)

*Adapted from Helping the Student with Diabetes Succeed: A Guide for School Personnel (2016)*

Student: \_\_\_\_\_

Grade/Teacher: \_\_\_\_\_

Date of Plan: \_\_\_\_\_

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## Emergency Contact Information

**Parent/Guardian 1:** \_\_\_\_\_

Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

**Parent/Guardian 2:** \_\_\_\_\_

Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

**Health Care Provider:** \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Certified School Nurse:** \_\_\_\_\_

Contact Number(s): \_\_\_\_\_

**Trained Diabetes Personnel** (if designated): \_\_\_\_\_

Contact Number(s): \_\_\_\_\_

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The student should never be left alone, or sent anywhere alone or with another student, when experiencing hypo- or hyperglycemia.

Causes of Hypoglycemia	Onset of Hypoglycemia
<ul style="list-style-type: none"><li>• Too much insulin</li><li>• Missing or delaying meals or snacks</li><li>• Not eating enough food (carbohydrates)</li><li>• Getting extra, intense, or unplanned physical activity</li><li>• Being ill, particularly with gastrointestinal illness</li></ul>	<ul style="list-style-type: none"><li>• Sudden—symptoms may progress rapidly</li></ul>

Hypoglycemia Symptoms		
Circle student's usual symptoms.		
Mild to Moderate		Severe
<ul style="list-style-type: none"> <li>• Shaky or jittery</li> <li>• Sweaty</li> <li>• Hungry</li> <li>• Pale</li> <li>• Headache</li> <li>• Blurry vision</li> <li>• Sleepy</li> <li>• Dizzy</li> <li>• Lightheaded</li> <li>• Confused</li> <li>• Disoriented</li> </ul>	<ul style="list-style-type: none"> <li>• Uncoordinated</li> <li>• Irritable or nervous</li> <li>• Argumentative</li> <li>• Combative</li> <li>• Changed personality</li> <li>• Changed behavior</li> <li>• Inability to concentrate</li> <li>• Weak</li> <li>• Lethargic</li> <li>• Other: _____</li> </ul>	<ul style="list-style-type: none"> <li>• Inability to eat or drink</li> <li>• Unconscious</li> <li>• Unresponsive</li> <li>• Seizure activity or convulsions (jerking movements)</li> </ul>

Actions for Treating Hypoglycemia	
<p>Notify school nurse or trained diabetes personnel as soon as you observe symptoms. If possible, check blood glucose (sugar) at side of finger. Treat for hypoglycemia if blood glucose level is less than _____ mg/dL.</p> <p><b>WHEN IN DOUBT, ALWAYS TREAT FOR HYPOGLYCEMIA AS SPECIFIED BELOW.</b></p>	
Treatment for Mild to Moderate Hypoglycemia	Treatment for Severe Hypoglycemia
<ul style="list-style-type: none"> <li><input type="checkbox"/> Provide quick-acting glucose (sugar) product equal to _____ grams of carbohydrates. Examples of 15 grams of carbohydrates are listed below:               <ul style="list-style-type: none"> <li>• 4 glucose tablets</li> <li>• 1 tube of glucose gel</li> <li>• 4 ounces of fruit juice (not low-calorie or reduced-sugar)</li> <li>• 4–6 ounces (1/2 can) of soda (not low-calorie or reduced-sugar)</li> </ul> </li> <li><input type="checkbox"/> Wait 15 minutes.</li> <li><input type="checkbox"/> Recheck blood glucose level.</li> <li><input type="checkbox"/> Repeat quick-acting glucose product if blood glucose level is less than _____ mg/dL.</li> <li><input type="checkbox"/> Contact the student's parents/guardians.</li> <li><input type="checkbox"/> Once the student's blood glucose returns to normal, check the blood glucose level 1 hour later. Provide an additional source of carbohydrate (e.g., whole grain crackers, graham crackers, granola bar, yogurt, or fruit) if a meal or snack is not planned.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Position the student on his or her side.</li> <li><input type="checkbox"/> Do not attempt to give anything by mouth.</li> <li><input type="checkbox"/> Administer glucagon: _____ mg at _____ site.</li> <li><input type="checkbox"/> While treating, have another person call 911 (Emergency Medical Services).</li> <li><input type="checkbox"/> Contact student's parents/guardians.</li> <li><input type="checkbox"/> Stay with student until Emergency Medical Services arrive.</li> <li><input type="checkbox"/> Notify student's health care provider.</li> </ul>

Causes of Hyperglycemia	Onset of Hyperglycemia
<ul style="list-style-type: none"> <li>• Too little insulin or other blood glucose-lowering medications</li> <li>• Insulin pump or infusion set malfunction</li> <li>• Food intake that has not been covered adequately by insulin</li> <li>• Decreased physical activity</li> <li>• Illness</li> <li>• Infection</li> <li>• Injury</li> <li>• Severe physical or emotional stress</li> </ul>	<ul style="list-style-type: none"> <li>• Over several hours or days</li> </ul>

Hyperglycemia Symptoms	Hyperglycemia Emergency Symptoms Diabetic ketoacidosis (DKA), which is associated with hyperglycemia, ketosis, and dehydration
Circle student's usual signs and symptoms.	
<ul style="list-style-type: none"> <li>• Increased thirst and/or dry mouth</li> <li>• Frequent or increased urination</li> <li>• Change in appetite and nausea</li> <li>• Blurry vision</li> <li>• Fatigue</li> <li>• Other: _____</li> </ul>	<ul style="list-style-type: none"> <li>• Dry mouth, extreme thirst, and dehydration</li> <li>• Nausea and vomiting</li> <li>• Severe abdominal pain</li> <li>• Fruity breath</li> <li>• Heavy breathing or shortness of breath</li> <li>• Chest pain</li> <li>• Increasing sleepiness or lethargy</li> <li>• Depressed level of consciousness</li> </ul>

Actions for Treating Hyperglycemia	
Notify school nurse or trained diabetes personnel as soon as you observe symptoms.	
Treatment for Hyperglycemia	Treatment for Hyperglycemia Emergency
<ul style="list-style-type: none"> <li><input type="checkbox"/> Check the blood glucose level.</li> <li><input type="checkbox"/> Check urine or blood for ketones if blood glucose levels are greater than _____ mg/dL.</li> <li><input type="checkbox"/> Calculate the Insulin Correction Dose needed as specified in the DMMP.</li> <li><input type="checkbox"/> Administer supplemental insulin dose: _____. (If student uses a pump, see instructions below.)</li> <li><input type="checkbox"/> Give extra water or non-sugar-containing drinks (not fruit juices): _____ ounces per hour.</li> <li><input type="checkbox"/> Allow free and unrestricted access to the restroom.</li> <li><input type="checkbox"/> Recheck blood glucose every 2 hours to determine if decreasing to target range of _____ mg/dL.</li> <li><input type="checkbox"/> Restrict participation in physical activity if blood glucose is greater than _____ mg/dL and if ketones are moderate to large.</li> <li><input type="checkbox"/> Notify parents/guardians if blood glucose is greater than _____ mg/dL or if ketones are present.</li> </ul> <p><b>For Students Using an Insulin Pump</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• For infusion site failure: insert new infusion set and/or replace reservoir or pod, or give insulin by syringe or pen.</li> <li>• For suspected pump failure: suspend or remove pump and give insulin by syringe or pen.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Call parents/guardians, student's health care provider, and 911 (Emergency Medical Services) right away.</li> <li><input type="checkbox"/> Stay with student until Emergency Medical Services arrive.</li> </ul>