

# DIABETES EMERGENCY ACTION PLAN

Picture

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_  
 Parent/Guardian: \_\_\_\_\_ Phone(s): \_\_\_\_\_ DOB: \_\_\_\_\_

## CHECK BLOOD GLUCOSE

Below 70 (or ONSET: Sudden)	70 – 90	91 – 125	126 – 250	Above 250 (or ONSET: Over time – several hours or days)
<p><b>*SEVERE HYPOGLYCEMIA</b>                      Combative                      Inability to swallow                      Unable to control airway                      Loss of consciousness                      Seizure</p>	<p><b>MILD HYPOGLYCEMIA</b>                      Hunger                      Paleness                      Dizziness                      Crying                      Shakiness                      Poor concentration                      Drowsiness</p>	<p>If exercise is planned before a snack or meal (including recess) the student must have a snack before participating.</p>	<p><b>MILD/MODERATE HYPERGLYCEMIA</b>                      Thirst                      Frequent Urination                      Stomach pains                      Fatigue/sleepiness                      Flushing of skin                      Increased hunger                      Blurred vision                      Lack of concentration                      Sweet, fruity breath                      Dry mouth</p>	<p><b>*SEVERE HYPERGLYCEMIA</b>                      Mild and moderate symptoms plus:                      Labored breathing                      Confused                      Very weak                      Unconscious</p>
<p><b>ACTIONS FOR SEVERE HYPOGLYCEMIA</b>                      1. Don't attempt to give anything by mouth.                      2. Position on side, if possible.                      3. Contact trained diabetes personnel.                      4. Disconnect insulin pump.                      5. Administer glucagon, if prescribed.                      6. <b>Call 911.</b>                      7. Contact parents/guardian.                      8. Stay with student.</p>	<p><b>ACTIONS FOR MILD HYPOGLYCEMIA</b>                      If student's blood sugar result is immediately following strenuous activity, give an additional fast-acting sugar.</p>		<p><b>ACTIONS FOR MILD/MODERATE HYPERGLYCEMIA</b>                      1. Allow liberal bathroom privileges.                      2. Encourage student to drink water or sugar-free drinks.                      3. Check blood glucose &amp; administer insulin per physician orders                      4. Contact parent if blood sugar is over 300 mg/dl.</p>	<p><b>ACTIONS FOR SEVERE HYPERGLYCEMIA</b>                      1. If student vomits or is lethargic call parent.                      2. If parent is unavailable contact 911.</p>
<p><b>Causes of Hypoglycemia:</b>                      Too much insulin, missed food, delayed food, or exercise</p>				
<p><b>FAST ACTING SUGAR SOURCES:</b>                      3-4 glucose tablets <b>OR</b> 4 ounces juice <b>OR</b> 6 ounces regular soda <b>OR</b> 3 teaspoons glucose gel <b>OR</b> 3 teaspoons sugar in water</p>				
<p><b>Causes of Hyperglycemia:</b>                      Too much food, too little insulin, illness, stress, or decreased activity</p>				

**Never send a child with suspected low blood glucose anywhere alone!!!**  
**Never provide insulin coverage for carbohydrate/glucose being used to treat hypoglycemia.**  
 \*Severe symptoms are a life-threatening emergency