

**SPECIAL EDUCATION DISTRICT OF LAKE COUNTY**  
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[www.sedol.us](http://www.sedol.us)



## Hyperglycemia Emergency Care Plan (For High Blood Glucose)

Student's Name: \_\_\_\_\_  
 Grade/Teacher: \_\_\_\_\_  
 Date of Plan: \_\_\_\_\_

### Emergency Contact Information

Mother/Guardian \_\_\_\_\_  
 Email address: \_\_\_\_\_ Home phone: \_\_\_\_\_  
 Work phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Father/Guardian: \_\_\_\_\_  
 Email address: \_\_\_\_\_ Home phone: \_\_\_\_\_  
 Work phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Health Care Provider: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_

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

Trained Diabetes Personnel: \_\_\_\_\_  
 Contact number(s): \_\_\_\_\_

Causes of Hyperglycemia	Onset of Hyperglycemia
<ul style="list-style-type: none"> <li>• Too little insulin or other glucose-lowering medication</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> <li>• Pump malfunction</li> </ul>	<ul style="list-style-type: none"> <li>• Over several hours or days</li> </ul>

<b>Hyperglycemia Signs</b>	<b>Hyperglycemia Emergency Symptoms</b> (Diabetic Ketoacidosis, DKA, which is associated with hyperglycemia, ketosis, and dehydration)
<b>Circle student's usual signs and symptoms.</b>	
<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>

<b>Actions for Treating Hyperglycemia</b>	
<b>Notify School Nurse or Trained Diabetes Personnel as soon as you observe symptoms.</b>	
<b>Treatment for Hyperglycemia</b>	<b>Treatment for Hyperglycemia Emergency</b>
<ul style="list-style-type: none"> <li>• Check the blood glucose level: _____ mg/dL.</li> <li>• Check urine or blood for ketones if blood glucose levels are greater than: _____ mg/dL.</li> <li>• If student uses a pump, check to see if pump is connected properly and functioning.</li> <li>• Administer supplemental insulin dose: _____.</li> <li>• Give extra water or non-sugar-containing drinks (not fruit juices): _____ ounces per hour.</li> <li>• Allow free and unrestricted access to the restroom.</li> <li>• Recheck blood glucose every 2 hours to determine if decreasing to target range of _____ mg/dL.</li> <li>• Restrict participation in physical activity if blood glucose is greater than _____ mg/dL and if ketones are moderate to large.</li> <li>• Notify parents/guardian if ketones are present.</li> </ul>	<ul style="list-style-type: none"> <li>• Call parents/guardian, student's health care provider, and 911 (Emergency Medical Services) right away.</li> <li>• Stay with the student until Emergency Medical Services arrive.</li> </ul>