

DIABETES EMERGENCY ACTION PLAN

Date: _____ Student Name: _____
 DOB: _____ Grade: _____

Parent/Guardian: _____ Phone: _____
 Parent/Guardian: _____ Phone: _____

CHECK BLOOD GLUCOSE

Below 70 (or _____) (Hypoglycemia)	70 – 90	91 – 125	126 – 250	Above 250 (or _____) (Hyperglycemia)	
ONSET: Sudden	or _____	or _____	or _____	ONSET: Over time – several hours or days	
<p style="text-align: center;">*SEVERE HYPOGLYCEMIA</p> <p>Combative Inability to swallow Loss of consciousness Seizure</p>	<p style="text-align: center;">MODERATE HYPOGLYCEMIA</p> <p>Blurry Vision Confusion Weakness Headache Sleepiness Behavior change Poor coordination Slurred speech</p>	<p style="text-align: center;">MILD HYPOGLYCEMIA</p> <p>Hunger Weakness Paleness Irritability Dizziness Sweating Crying Anxiety Shakiness Headache Poor concentration Personality change Drowsiness</p>	<p style="text-align: center;">Student is fine.</p>	<p style="text-align: center;">MILD/MODERATE HYPERGLYCEMIA</p> <p>Thirst Frequent Urination Stomach pains Fatigue/sleepiness Flushing of skin Increased hunger Blurred vision Lack of concentration Sweet, fruity breath Dry mouth</p>	<p style="text-align: center;">*SEVERE HYPERGLYCEMIA</p> <p><u>Mild and moderate symptoms plus:</u> Labored breathing Confused Very weak Unconscious</p>
<p style="text-align: center;">ACTIONS FOR SEVERE HYPOGLYCEMIA</p> <ol style="list-style-type: none"> 1. Don't attempt to give anything by mouth. 2. Position on side, if possible. 3. Contact trained diabetes personnel. 4. Administer glucagon, if prescribed. 5. Call 911. 6. Contact parents/guardian. 7. Stay with student. 	<p style="text-align: center;">ACTIONS FOR MODERATE HYPOGLYCEMIA</p> <ol style="list-style-type: none"> 1. Give student fast-acting sugar source 2. Wait 10 to 15 minutes. 3. Recheck blood glucose. 4. Repeat food if symptoms persist OR blood glucose is less than 70. 5. Follow with a snack of carbohydrate and protein (e.g., cheese and crackers). 6. Contact parent if BG is less than _____mg/dL 	<p style="text-align: center;">ACTIONS FOR MILD HYPOGLYCEMIA</p> <p style="text-align: center;">If student's blood sugar result is immediately following strenuous activity, give an additional fast-acting sugar.</p>		<p style="text-align: center;">ACTIONS FOR MILD/MODERATE HYPERGLYCEMIA</p> <ol style="list-style-type: none"> 1. Allow liberal bathroom privileges. 2. Encourage student to drink water or sugar-free drinks. 3. Check blood glucose & administer insulin per physician orders 4. Check for ketones if BG is greater than _____mg/dL 5. Contact parent if BG is over _____ mg/dl. 	<p style="text-align: center;">ACTIONS FOR SEVERE HYPERGLYCEMIA</p> <ol style="list-style-type: none"> 1. If student vomits or is lethargic call parent. 2. If parent is unavailable contact 911.
<p style="text-align: center;">Causes of Hypoglycemia: Too much insulin, missed food, delayed food, or exercise</p>			<p style="text-align: center;">Causes of Hyperglycemia: Too much food, too little insulin, illness, stress, or decreased activity</p>		
<p style="text-align: center;">FAST ACTING SUGAR SOURCES: 1-4 glucose tablets OR 4 ounces juice OR 6 ounces regular soda OR 3 teaspoons glucose gel OR 3 teaspoons sugar in water</p>					

Never send a child with suspected low blood glucose anywhere alone

***Severe symptoms are a life-threatening emergency**

Adapted with permission from National Association of School Nurses H.A.N.D.S. SM 2008