

# DIABETES EMERGENCY ACTION PLAN

Picture

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

## CHECK BLOOD GLUCOSE

<b>Below 70 (or _____) (Hypoglycemia)</b>		<b>70 – 90</b>	<b>91 – 125</b>	<b>126 – 250</b>	<b>Above 250 (or _____) (Hyperglycemia)</b>	
ONSET: Sudden		or --	or --	or --	ONSET: Over time – several hours or days	
<b>*SEVERE HYPOGLYCEMIA</b> Combative Inability to swallow Unable to control airway Loss of consciousness Seizure	<b>MODERATE HYPOGLYCEMIA</b> Blurry Vision    Confusion Weakness        Headache Sleepiness Behavior change Poor coordination Slurred speech	<b>MILD HYPOGLYCEMIA</b> Hunger        Weakness Paleness      Irritability Dizziness     Sweating Crying        Anxiety Shakiness    Headache Poor concentration Personality change Drowsiness	If exercise is planned before a snack or meal (including recess) the student must have a snack before participating.	Student is fine.	<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	<b>*SEVERE HYPERGLYCEMIA</b> <u>Mild and moderate symptoms plus:</u> Labored breathing Confused Very weak Unconscious
<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. <b>6. Call 911.</b> 7. Contact parents/guardian. 8. Stay with student.	<b>ACTIONS FOR MODERATE HYPOGLYCEMIA</b> 1. Give student 15 grams fast-acting sugar source. 2. Wait 10 to 15 minutes. 3. Recheck blood glucose. 4. Repeat 15 grams carbohydrate if symptoms persist OR blood glucose is less than 70. 5. Follow with a snack of 15 gram carbohydrate and a protein (e.g., cheese and crackers).	<b>ACTIONS FOR MILD HYPOGLYCEMIA</b> If student's blood sugar result is immediately following strenuous activity, give an additional 15 grams of fast-acting carbohydrate.			<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 & administer insulin per physician orders 4. Contact parent if blood sugar is over 300 mg/dl.	
<b>Causes of Hypoglycemia:</b> Too much insulin, missed food, delayed food, or exercise					<b>Causes of Hyperglycemia:</b> Too much food, too little insulin, illness, stress, or decreased activity	
<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						

**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.

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