

# Gallipolis City School District

April 2024

Student Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Grade: \_\_\_\_\_ ID #: \_\_\_\_\_

Parent/ Guardian: \_\_\_\_\_ Phone(s) #: \_\_\_\_\_

## Diabetic Emergency Action Plan

Blood Glucose	<b>HYPOglycemia (LOW)</b> Below 70 (or _____) Sudden onset			<b>Normal Blood Glucose</b> 91-125      126-250 or _____ -      or _____ -		<b>HYPERglycemia (HIGH)</b> Above 250 (or _____) Gradual – several hours or days	
	Severe	Moderate	Mild	-OK-		Mild/ Moderate	Severe
Symptoms	Combative  Inability to swallow  Unable to control airway  Loss of consciousness  Seizure	Blurry Vision Weakness Sleepiness Behavior Change Poor coordination Slurred Speech Confusion Headache	Hunger Paleness Dizziness Crying Shakiness Weakness Irritability Sweating Anxiety Headache Drowsiness Poor concentration Personality change	If exercise (including gym/ recess) is planned the student must have a snack before participating		Thirst Frequent urination Stomach pains Fatigue/sleepiness Flushing skin Increased hunger Blurred vision Lack of concentration Sweet, fruity breath Dry mouth	← symptoms +  Labored breathing  Confused  Very weak  Unconscious
Actions	*Do not attempt to give anything by mouth *Position on side *Activate the medical response team *Disconnect insulin pump *Administer glucagon, if prescribed *Call 911 *Notify parent/guardian *Stay with student	*Give fast-acting glucose source *Wait 10-15 mins *Recheck blood glucose *Repeat food if symptoms persist OR blood glucose is less than 70 *Follow with cheese & crackers	*If student's blood glucose result is immediately following strenuous activity, give an additional fast-acting sugar source	-OK-		*Allow liberal bathroom privileges. *Encourage student to drink water or sugar-free drinks *Check blood glucose & administer insulin per physician orders *Contact parent if blood glucose is over 300 mg/dl	*If student vomits or is lethargic, call parent.  *If parent is unavailable, call 911
Cause	Too much insulin, missed food, delayed food, exercise					Too much food, too little insulin, illness, stress	
<b>FAST ACTING SUGAR SOURCES:</b> 3-4 glucose tablets <b>OR</b> 4 ounces of juice <b>OR</b> 6 ounces regular soda <b>OR</b> 3 teaspoons glucose gel <b>OR</b> 3 teaspoons sugar in water							

Provider: \_\_\_\_\_ Date: \_\_\_\_\_ Parent / Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**School Nurses: Taylor Dickson – GAHS, Morgan Houck – GAMS, Angela Angel – Green, Mary Phoenix – Rio Grande, JoBeth Bowcott – Washington**