

Action Care Plan: Type 1 Diabetes

Overview: Type 1 diabetes, once known as juvenile diabetes or insulin-dependent diabetes, is a chronic condition in which the pancreas produces little or no insulin. Insulin is a hormone needed to allow sugar (glucose) to enter cells to produce energy.

Hypoglycemia

Definition: Deficiency (too little) of glucose in the bloodstream

Causes of Hypoglycemia	Hypoglycemia Symptoms	
<ul style="list-style-type: none"> • Too much insulin • Missing or delaying meals or snacks • Not eating enough food (carbohydrates) • Getting extra, intense or unplanned physical activity • Being ill, particularly with gastrointestinal illness 	Mild to Moderate	
Onset of Hypoglycemia <ul style="list-style-type: none"> • Sudden – symptoms may progress rapidly 	<ul style="list-style-type: none"> • Shaky or jittery • Sweaty • Hungry • Pale • Headache • Blurry Vision • Sleepy • Dizzy • Lightheaded 	<ul style="list-style-type: none"> • Disoriented • Uncoordinated • Irritable or nervous • Argumentative • Combative • Changed personality • Changed behavior • Inability to concentrate • Weak
	Severe <ul style="list-style-type: none"> • Confused • Inability to eat or drink • Unconscious • Unresponsive • Seizure activity or convulsions (jerking movements) 	

Hyperglycemia

Definition: An excess (too much) of glucose in the bloodstream

Causes of Hyperglycemia	Hyperglycemia Symptoms	
<ul style="list-style-type: none"> • Too little insulin or other blood glucose-lowering medications • Insulin pump or infusion set malfunction • Food intake that has not been covered adequately by insulin • Decreased physical activity • Illness • Infection • Injury • Severe physical or emotional stress 	<ul style="list-style-type: none"> • Increased thirst and/or dry mouth • Frequent or increased urination • Change in appetite and nausea • Blurry vision • Fatigue 	
Onset of Hyperglycemia <ul style="list-style-type: none"> • Over several hours or days 	Hyperglycemia Emergency Symptoms	
	Diabetic ketoacidosis (DKA), which is associated with hyperglycemia, ketosis, and dehydration <ul style="list-style-type: none"> • Dry mouth, extreme thirst, and dehydration • Nausea and vomiting • Fruity breath • Severe abdominal pain • Depressed levels of consciousness • Heavy breathing or shortness of breath • Chest pain • Increased sleepiness or lethargy 	

***Notify Health Assistant, Nurse or trained diabetes personnel as soon as you observe symptoms. If student is able, send the student to the Health Office with a buddy to check blood glucose and receive treatment**

[illegible]

High blood sugar

(Hyperglycemia)

Causes

High blood sugar (also called hyperglycemia) is when there is too much sugar in your blood. Over time, it can cause serious health problems. High blood sugar can happen if you:

- Skip a dose of insulin or diabetes pills
- Eat more than usual
- Are less active than usual
- Are under stress or sick

What to do about high blood sugar

The best way to avoid high blood sugar is to follow your diabetes care plan. Call your diabetes care team if your blood sugar has been higher than your goal for 3 days and you don't know why.

Of course, the best way to know if you have high blood sugar is to check your blood sugar regularly, as directed by your doctor.

Signs & Symptoms

Here's what may happen when your blood sugar is high:



Very thirsty



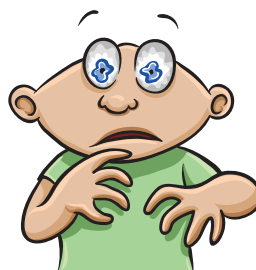
Needing to pass urine more than usual



Very hungry



Sleepy



Blurry vision



Infections or injuries heal more slowly than usual

For more information, visit Cornerstones4Care.com

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Low blood sugar

(Hypoglycemia)

Causes

You might get low blood sugar (also called hypoglycemia) if you:

- Take certain medicines and eat too few carbohydrates
- Skip or delay meals
- Take too much insulin or diabetes pills (ask your diabetes care team if this applies to you)
- Are more active than usual

Signs and Symptoms

Here's what may happen when your blood sugar is low:



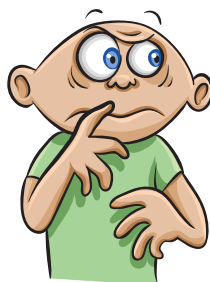
Shaky



Sweaty



Dizzy



**Confusion and
difficulty speaking**



Hungry



Weak or tired



Headache



Nervous or upset

**If low blood sugar is not treated, it can become severe and cause you to pass out.
If low blood sugar is a problem for you, talk to your doctor or diabetes care team.**

Low blood sugar (Hypoglycemia)

What to do if you think you have low blood sugar

Check your blood sugar right away if you have any symptoms of low blood sugar. If you think your blood sugar is low but cannot check it at that time, treat anyway.



Treat by eating or drinking 15 grams of something high in sugar, such as:

- 4 ounces (½ cup) of regular fruit juice (like orange, apple, or grape juice)
- 4 ounces (½ cup) of regular soda pop (not diet)
- 8 ounces (1 cup) of milk
- 3 or 4 glucose tablets
- 5 to 6 candies that you can chew quickly (such as mints)



Wait 15 minutes and then check your blood sugar again. If it is still low, eat or drink something high in sugar again. Once your blood sugar returns to normal, eat a meal or snack. This can help keep low blood sugar from coming back.



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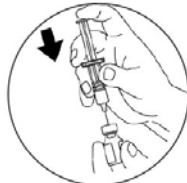
Standard Procedure on Administering Glucagon



1. Remove the seal from the vial of powder and the needle cover from the syringe.



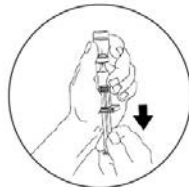
2. Insert the needle into the vial and push the plunger to empty the saline into the powder.



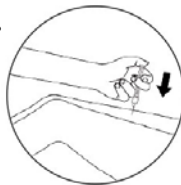
3. Gently roll or swirl the vial to dissolve the powder into the liquid until it is clear.



4. Draw the solution back into the syringe.



5. Inject into the outer mid-thigh or arm muscle of the person with severe hypoglycemia.



6. Turn the person on his or her side in case of vomiting, a common side effect.

