

HYPOGLYCAEMIA

DIABETES STUDENT ACTION PLAN (NO PUMP)

HYPERGLYCAEMIA

Blood Glucose Level < 4.0 mmol/L

LOW ↘

CAUSES

Delayed/Missed meals, too much insulin, not enough food, exercise

SIGNS & SYMPTOMS

Paleness, headache, tingling limbs, dizziness, drowsiness, changes in behaviour

DO NOT LEAVE CHILD UNATTENDED
DO NOT DELAY TREATMENT

Student's Name:

Date of Birth:

{Insert photo of student}

TARGET BGL 4-8 mmol/L



Blood Glucose Level > 15.0 mmol/L

HIGH ↗

CAUSES

Not enough insulin, forgotten insulin, concurrent illness, overeating or eating sugary foods

SIGNS & SYMPTOMS

Increased thirst, increased urine production, poor concentration, irritable, lethargic, abdominal pain, vomiting

TEMPORARY OR PERSISTENT
HYPERGLYCAEMIA

<u>CHILD CONSCIOUS</u> (Able to eat hypo food)	<u>CHILD UNCONSCIOUS</u>	<u>ROUTINE BGL MONITORING TIMES</u>	<u>CHILD WELL</u>	<u>CHILD UNWELL</u>
<p>If BGL 2 - 4 mmol Only give sugar serve e.g. 1/2 cup lemonade, 5 jelly beans or 2 jelly snakes.</p> <p>BGL < 2.0 mmol Suspend/disconnect 30 mins. Give sugar serve & sustaining carbohydrate</p> <p>RECHECK BGL AFTER 20 MINS If BGL < 4.0 mmol/L repeat sugar serve</p>	<p>Risk of choking/ unable to swallow</p> <p>FIRST AID DRSABC Stay with unconscious child</p> <p>CALL AN AMBULANCE Dial 000</p> <p>CONTACT PARENTS When safe to do so</p>	<ul style="list-style-type: none"> ❖ Prior to lunch ❖ Anytime hypo suspected ❖ Prior to exercise <p style="text-align: center;"><u>PHYSICAL ACTIVITY</u></p> <ul style="list-style-type: none"> ❖ Extra carbohydrate for every 30-40 mins activity ❖ Vigorous activity should NOT be undertaken if BGL > 15 and blood ketones > 0.6 	<p>Check blood ketones > 0.6 contact parent/guardian</p> <p>ADDITIONAL TOILET PRIVILEGES may be required</p> <p>ENCOURAGE ORAL FLUIDS 1-2 glasses per hour</p>	<p>Eg Vomiting CONTACT PARENTS TO COLLECT CHILD</p> <p>CHECK BLOOD KETONES IF BGL > 15mmol</p> <p>If ketones > 0.6 contact parent/guardian</p>

Doctor's Name:

Doctor's signature:

Date of Diagnosis:

Today's date: