| **Emergency Action Plan for Type 2 Diabetes:**Glucose Monitoring Treatment |  |  |
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| STUDENT: |  | DOB: |  | GRADE/TEACHER  |  |

**✜TREATMENT PLAN: Low Blood Glucose (Hypoglycemia): Below 70 mg/dl**

Causes: ∙Too much insulin ∙Too much exercise ∙High excitement/anxiety ∙Too few carbohydrates eaten for the amount of insulin given

| **If you see this:** | **Follow this: ACTION PLAN** |
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| ***Signs of Mild Low Blood Glucose*****(STUDENT IS ALERT)*** + Headache
	+ Sweating, pale
	+ Shakiness, dizziness
	+ Tired, falling asleep in class
	+ Inability to concentrate
	+ Poor coordination
	+ Other:
 | 1. Responsible person accompany student to health room or check blood glucose on site.
2. Check blood glucose
3. If less than **70 mg/dl,** give one of the following sources of glucose: (~15gms for fast-acting sugar)

Example: 4. After 15 minutes, **re-check** blood glucose/sensor glucose 1. Repeat giving glucose & re-check if necessary until blood glucose is > **70** mg/dl.

 Once above 70 mg/dl follow with a 15gm complex carb snack  **OR** if lunch time – Send to lunch1. Notify Medical Provider, parent/guardian & school nurse

 Comments:  |
| ***Signs of Moderate Low Blood Glucose*****(Student has decreased alertness)*** + Severe confusion
	+ Disorientation
	+ May be combative
 | 1. Check blood glucose
2. Keeping head elevated, give one of the following forms of glucose:
* 1 tube Cake Mate® gel or instant glucose applied between cheek and gum
1. After 10-15 minutes, check blood glucose again
2. Re-treat if necessary, until blood glucose is **> 70 mg/dl.** Follow with 15gm complex carb snack
3. Notify Medical Provider, Parent/guardian, and school nurse.

Comments:  |
| ***Signs of Severe Low Blood Glucose**** Not able to or unwilling to swallow
* Unconsciousness
* Seizure

**GIVE NOTHING BY MOUTH!** | 1. **Call 911, activate Emergency response,** place student on their side; **CHECK BG**
2. If personnel are authorized, and emergency medications are ordered and available give **Glucagon,** prescribed dose: **1 mg(s)** Intramuscular  **OR**

 Give BAQSIMI (3mg): spray in one nostril or GVOKE prescribed dose **mg(s)** intramuscular1. Remain with student until help arrives.
2. Notify parent/guardian and school nurse

Comments:  |

**✜TREATMENT PLAN: High Blood Glucose (Hyperglycemia) Blood Glucose above 300 mg/dl**

Causes: ∙Illness ∙Hormonal Changes ∙Increased stress/anxiety ∙Poor Medication Adherence

| ***Signs of High Blood Glucose*****(STUDENT IS ALERT)****Symptoms could include:*** Extreme Thirst
* Headache
* Abdominal Pain
* Nausea
* Increased Urination
* Lethargic
* Increased Hunger
* Other:

***Note:*** * *Allow to carry water bottle & allow unrestricted bathroom privileges*
 | * + - 1. Encourage intake of water or zero calorie drinks.
			2. If hungry and not symptomatic, may provide a low carb snack. (cheese stick, lunch meat, boiled egg)
			3. May consider a walk or movement for 10-15 minutes to encourage uptake of glucose in muscles for fuel.
			4. Notify parents and school nurse if **BG > 300mg OR as indicated on provider orders.**
			5. If glucose **> 300mg/dl** and student is symptomatic (ill appearing, nausea, stomachache, lethargic, and/or vomiting) notify school nurse & parent and send student home with parent. Notify medical provider if persistently hyperglycemic or when indicated on provider orders.

Comments:       |
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| Parent Signature: |  | Date: |  |
| --- | --- | --- | --- |
| School Nurse Signature: |  | Date: |  |