| **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 lunch   1. 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)** intramuscular   1. 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: |  |
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| School Nurse Signature: |  | Date: |  |