LOW BLOOD SUGAR (Hypoglycemia) MANAGEMENT

for Classroom teachers, bus drivers and other support staff

Gr/Teacher: Student: School: Insulin administered at school by: Pump Pen Syringe None Causes of Hypoglycemia Too much insulin Onset Missed food Delayed food Sudden Extra exercise Excitement IF SYMPTOMS -TAKE ACTION Check blood/sensor glucose if possible. Treat if below 70 Always treat if in doubt or blood glucose is unavailable. Never leave unattended. Always send to clinic accompanied by responsible person. If away from school, call parent to inform of situation and need for intervention MILD (alert) **MODERATE** (not alert) SEVERE Hunger Shaky Confusion Seizure Irritable Dizzv Slurred speech Loss of conscious Anxious Sweating Poor coordination Unable to swallow Pale Crying Behavior changes Combative Personality change Tired, DrowsySpacey **MILD MODERATE SEVERE** • Treat = provide sugar source • Treat = provide sugar source o Call 911 → 3-4 Glucose Tablets OR → Glucose gel/icing • Position on side \rightarrow 4-6 Ounces juice OR \circ Wait 10 - 15 minutes Disconnect pump → 4-6 Ounces regular soda OR • Retreat if symptoms persist or if present. → Glucose gel/icing Blood Glucose under 70 For Seizure or ○ Wait 10 – 15 minutes • Provide snack of Carbohydrate, unconscious give: • Retreat if symptoms persist or protein (e.g. cheese & crackers) ○ Glucagon – if Blood Glucose under 70 ordered & if staff Contact parent/guardian • Provide snack of Carbohydrate, delegated to protein (e.g. cheese & crackers) administer the Glucagon is present. Contact parent/ guardian

Student: ____

Causes of Hyperglycemia

- ♦ Too much food
- ♦ Not enough insulin
- ♦ Decreased activity
- ♦ Illness
- ♦ Infection
- ♦ Stress/excitement

Onset

♦ Over time –Several hours or days

SYMPTOMS

- \Diamond Thirst
- \Diamond Frequent urination needing to go to the bathroom.
- ♦ Fatigue, sleepiness.
- ♦ Blurred vision.
- ♦ Stomachache, cramps nausea, vomiting

IF SYMPTOMS -TAKE ACTION

- ◆ Check blood sugar if possible.
- ◆ Test for urine or blood ketones if above 300 if supplies available
- If not at school contact school if intervention is indicated.

MILD

Ketones = Negative or trace/small

- Provide unrestricted water or non-sugared drinks.
- * Allow unrestricted access to restroom.
- * Inform parent/guardian
- * If pump may require attention from parent. (filling of reservoir, changing set, insulin administration, etc)
- * Recheck blood sugar and ketones if symptoms persist.

MODERATE TO LARGE

Ketones = Moderate to large

- Provide unrestricted water or non-sugared drinks.
- > Allow unrestricted access to bathroom.
- Call parent.
- Restrict PE and recess (physical acitivities)
- ➤ If pump parent attention required.
- Recheck blood sugar and ketones hourly if symptoms change.
- Call 911 if decreasing alertness, vomiting, nausea, occur.