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| **Explanation/Return Demonstration**  A. States understanding that Hyperglycemia/High Blood Sugar may require intervention.  B. The Individualized Health Plan (IHP) is referenced and necessary interventions are followed.  C. Obtain CGM/Blood Glucose value if possible.  D. **Preparation:**  Review Signs/Symptoms of Hyperglycemia/High Blood Sugar:  **Mild** thirst, frequent urination, fatigue, lack of concentration (Often there are no signs/symptoms)  **Moderate** stomach ache, nausea, vomiting, sweet fruity breath  **Severe** labored breathing, profound weakness, confusion, unconsciousness **CALL 911**  E. **Identifies Supplies:**  1. ISHP  2. Water or other sugar free beverage  3. Insulin if ordered  4. Ketone strips (urine ketone strips or blood ketone strips provided by parent/guardian)  F. **Procedure:**  a. Verbally recite appropriate response to a case scenario of hyperglycemia/high blood sugar  b. Check CGM/BG if possible  c. If indicated in IHP check urine or blood ketones  d. Check IHP for insulin orders if indicated  e. Encourage student to drink plenty of water or other sugar free beverage: 1 ounce of water/per year of age/per hour (a 10 year old should drink 10 ounces of water each hour)  f. Allow unrestricted access to the bathroom  g. Follow guidelines in IHP regarding exercise when ketones present- \* No exercise with moderate/large ketones \* Student with trace/small ketones may exercise if feeling OK and drinking plenty of water  h. Contact parent and District Registered Nurse as indicated in IHP.   **\* Call parent immediately if student has moderate/large ketones or Blood Ketone reading of 1.0 or higher. Student requires close monitoring and parent should plan to pick up student from school.**  For students using an insulin pump – recheck Blood Glucose according to the IHP. (typically re-check blood glucose 2 hours after insulin correction via the pump). Important to know if pump is working!  **Call 911** if student becomes lethargic, has decreased alertness, or has labored breathing or difficulty breathing. |