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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. ISHP2. Water or other sugar free beverage3. Insulin if ordered4. 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 sugarb. Check CGM/BG if possiblec. If indicated in IHP check urine or blood ketonesd. Check IHP for insulin orders if indicatede. 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 bathroomg. 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 waterh. 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. |