

# Diabetes Emergency Plan

## HYPOGLYCEMIA - LOW BLOOD SUGAR

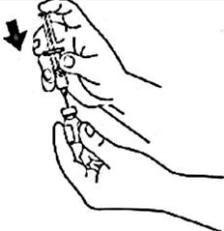
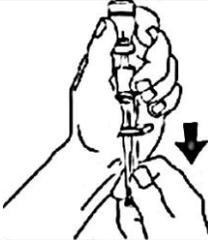
**ONSET:** This condition can develop suddenly & is our greatest concern at school

**CAUSES:** Too much insulin, missed food, delayed food, or exercise

**WARNING:** Never send a student with low blood sugar anywhere alone.

<p><b>MILD SYMPTOMS</b></p> <p>Hunger                      Irritability                      Sweating Shakiness                      Drowsiness                      Weakness Paleness                      Dizziness                      Anxiety Poor concentration</p>	<p><b>MODERATE SYMPTOMS</b></p> <p>Headache                      Blurry Vision Confusion                      Slurred Speech Behavior Change                      Blurry Vision Poor concentration                      Weakness</p>	<p><b>SEVERE SYMPTOMS</b></p> <p>Inability to swallow Loss of consciousness Seizure</p>
		
<p><b>ACTIONS FOR MILD SYMPTOMS</b></p> <ol style="list-style-type: none"> <li>1. Provide sugar source such as regular soft drink, juice or glucose gel.</li> <li>2. Wait 10 to 15 minutes.</li> <li>3. Recheck blood glucose.</li> <li>4. Repeat sugar source if symptoms persist OR blood glucose is less than 70.</li> <li>5. Follow with a snack of carbohydrate and protein (e.g., cheese and crackers).</li> </ol>	<p><b>ACTIONS FOR MODERATE SYMPTOMS</b></p> <ol style="list-style-type: none"> <li>1. Attempt to provide sugar source such as regular soft drink, juice, or squeeze glucose gel between bottom lip &amp; teeth, as well as inside of cheeks (Not on tongue).</li> <li>2. Wait 10 to 15 minutes then recheck blood glucose.</li> <li>3. Repeat food or gel if symptoms persist or blood glucose is less than 70.</li> <li>4. Follow up with a snack of carbohydrate and protein (e.g., cheese and crackers).</li> </ol>	<p><b>ACTIONS FOR SEVERE SYMPTOMS</b></p> <ol style="list-style-type: none"> <li>1. Don't attempt to give anything by mouth.</li> <li>2. Position on side as student may vomit.</li> <li>3. Administer glucagon, as prescribed.</li> <li>4. Call 911.</li> <li>5. Contact parents/guardian.</li> <li>6. Stay with student.</li> </ol> 

## GLUCAGON INJECTION

			
<p><b>1</b></p> <p>Flip off the seal from the vial of Glucagon</p>	<p><b>2</b></p> <p>Remove the needle cover from the syringe. Insert the needle into the rubber stopper on the vial, then inject the entire contents of the syringe into the vial of Glucagon</p>	<p><b>3</b></p> <p>Remove the syringe from the vial, then gently shake the vial until the liquid becomes clear.</p>	<p><b>4</b></p> <p>Insert the same syringe into the vial and slowly withdraw all of the liquid.</p>
<p><b>5</b></p> <p><b>INJECTION</b></p>	<p><i>The usual injection site is the top of the thigh. Inject the Glucagon, then turn the student on his or her side to prevent choking.</i></p>		<p><b>6</b></p> <p><b>AFTER INJECTION</b></p> <p><i>Call 911 and the parent/guardian. As soon as the student awakens and is capable of swallowing, give him or her a fast-acting source of sugar such as juice or a regular soda pop.</i></p>

# Diabetes Emergency Plan



If you are in doubt as to whether a student has symptoms of **LOW BLOOD SUGAR** or **HIGH BLOOD SUGAR** TREAT for low blood sugar symptoms  $\implies$  See **HYPOGLYCEMIA** for the action plan

## HYPERGLYCEMIA - HIGH BLOOD SUGAR

**ONSET:** This condition usually develops over time, within several hours or days  
**CAUSES:** Too much food, too little insulin, illness, infection, stress, or decreased activity

### MILD SYMPTOMS

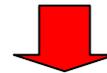
Thirst	Weight loss
Frequent Urination	Stomach pains
Fatigue/sleepiness	Flushing of skin
Increased hunger	Blurred vision
Lack of concentration	Sweet, fruity breath

### MODERATE SYMPTOMS

Mild symptoms plus:  
 Stomach cramps  
 Dry mouth  
 Nausea  
 Vomiting

### SEVERE SYMPTOMS

Mild and moderate symptoms plus:  
 Labored breathing  
 Confused  
 Very weak  
 Unconscious



## ACTIONS FOR HYPERGLYCEMIA

1. Allow liberal bathroom privileges.
2. Encourage student to drink water or sugar-free drinks.
3. Check blood glucose & administer insulin per physician orders
4. Contact parent if blood sugar is over 300 mg/dl.
5. If student is nauseas, vomiting, or lethargic call parent.
6. If child is having severe symptoms and parent is unavailable, CALL 911.