

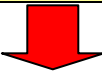



Diabetes Emergency Plan

HYPOGLYCEMIA - LOW BLOOD SUGAR




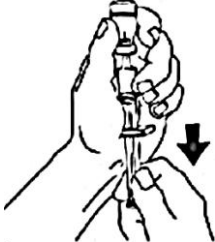
ONSET: This condition can develop suddenly & is our greatest concern at school

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

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

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

GLUCAGON INJECTION

			
<p>1</p> <p>Flip off the seal from the vial of Glucagon</p>	<p>2</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>3</p> <p>Remove the syringe from the vial, then gently shake the vial until the liquid becomes clear.</p>	<p>4</p> <p>Insert the same syringe into the vial and slowly withdraw all of the liquid.</p>
<p>5</p> <p>INJECTION</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>6</p> <p>AFTER INJECTION</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.