

Hypoglycemia Emergency Care Plan

(For Low Blood Glucose)

Student's Name:

Grade/Teacher:

Date of Plan:

Emergency Contact Information

Mother/Guardian:

Email address: _____ Home phone: _____
_____ Work phone: _____ Cell: _____

Father/Guardian:

Email address: _____ Home phone: _____
_____ Work phone: _____ Cell: _____

Health Care Provider:

Phone number: _____

School

_____ Nurse: _____
_____ Contact _____
number(s): _____

Trained

Diabetes

_____ Personnel: _____
_____ Contact number(s): _____

The student should never be left alone, or sent anywhere alone, or with another student, when experiencing hypoglycemia.

Causes of Hypoglycemia

Onset of Hypoglycemia

- Too much insulin
- Missing or delaying meals or snacks
- Not eating enough food (carbohydrates)
- Getting extra, intense, or unplanned physical activity
- Being ill, particularly with gastrointestinal illness

- Sudden—symptoms may progress rapidly

Hypoglycemia Symptoms

Circle student's usual symptoms.

Mild to Moderate		Severe
• Shaky or jittery	• Uncoordinated	<ul style="list-style-type: none"> • Inability to eat or drink • Unconscious • Unresponsive • Seizure activity or convulsions (jerking movements)
• Sweaty	• Irritable or nervous	
• Hungry	• Argumentative	
• Pale	• Combative	
• Headache	• Changed personality	
• Blurry vision	• Changed behavior	
• Sleepy	• Inability to concentrate	
• Dizzy	• Weak	
• Confused	• Lethargic	
• Disoriented	• Other: _____	

Actions for Treating Hypoglycemia

Notify School Nurse or Trained Diabetes Personnel as soon as you observe symptoms.

If possible, check blood glucose (sugar) at fingertip.

Treat for hypoglycemia if blood glucose level is less than ____mg/dL.

WHEN IN DOUBT, ALWAYS TREAT FOR HYPOGLYCEMIA AS SPECIFIED BELOW.

Treatment for Mild to Moderate Hypoglycemia

Treatment for Severe Hypoglycemia

<ul style="list-style-type: none"> • Provide quick-acting glucose (sugar) product equal to _____ grams of carbohydrates. Examples of 15 grams of carbohydrates include: <ul style="list-style-type: none"> N 3 or 4 glucose tablets N 1 tube of glucose gel N 4 ounces of fruit juice (not low-calorie or reduced sugar) N 6 ounces of soda (½ can) (not low-calorie or reduced sugar) • Wait 10 to 15 minutes. • Recheck blood glucose level. • Repeat quick-acting glucose product if blood glucose level is less than _____ mg/dL. • Contact the student’s parents/guardian. 	<ul style="list-style-type: none"> • Position the student on his or her side. • Do not attempt to give anything by mouth. • Administer glucagon: _____ mg at _____ site. • While treating, have another person call 911 (Emergency Medical Services). • Contact the student’s parents/guardian. • Stay with the student until Emergency Medical Services arrive. • Notify student’s health care provider.
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_____ Home phone: _____ Work phone: _____
_____ Cell: _____

Health Care Provider:

Phone number: _____

School Nurse:

Contact number(s): _____

Trained Diabetes Personnel:

Contact number(s): _____

Causes of Hyperglycemia

- Too little insulin or other glucoselowering medication
- Food intake that has not been covered adequately by insulin
- Decreased physical activity
- Illness
- Infection
- Injury
- Severe physical or emotional stress
- Pump malfunction

Onset of Hyperglycemia

- Over several hours or days

Hyperglycemia Signs

Hyperglycemia Emergency Symptoms

(Diabetic Ketoacidosis, DKA, which is associated with hyperglycemia, ketosis, and dehydration)

Circle student's usual signs and symptoms.

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| <ul style="list-style-type: none"> • Increased thirst and/or dry mouth • Frequent or increased urination • Change in appetite and nausea • Blurry vision • Fatigue • Other:
_____ | <ul style="list-style-type: none"> • Dry mouth, extreme thirst, and dehydration • Nausea and vomiting • Severe abdominal pain • Fruity breath • Heavy breathing or shortness of breath • Chest pain • Increasing sleepiness or lethargy • Depressed level of consciousness |
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Actions for Treating Hyperglycemia

Notify School Nurse or Trained Diabetes Personnel as soon as you observe symptoms.

Treatment for Hyperglycemia

Treatment for Hyperglycemia Emergency

- | | |
|---|---|
| <ul style="list-style-type: none"> • Check the blood glucose level: _____ mg/dL. • Check urine or blood for ketones if blood glucose levels are greater than: _____ mg/dL. • If student uses a pump, check to see if pump is connected properly and functioning. • Administer supplemental insulin dose: _____. • Give extra water or non-sugar-containing drinks (not fruit juices): _____ ounces per hour. • Allow free and unrestricted access to the restroom. • Recheck blood glucose every 2 hours to determine if decreasing to target range of _____ mg/dL. • Restrict participation in physical activity if blood glucose is greater than _____ mg/dL and if ketones are moderate to large. • Notify parents/guardian if ketones are present. | <ul style="list-style-type: none"> • Call parents/guardian, student's health care provider, and 911 (Emergency Medical Services) right away. • Stay with the student until Emergency Medical Services arrive. |
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