

HYPOGLYCAEMIA

Blood Glucose Level <4.0mmol/L

LOW

Causes

Delayed/Missed meals, too much insulin, not enough food, exercise.

Signs and Symptoms

Paleness, headache, tingling limbs, dizziness, drowsiness, changes in behaviour

DO NOT leave child UNATTENDED

DO NOT delay TREATMENT

Child Conscious
(Able to eat hypo food)

Give Sugar Serve

5 Jelly Beans or 125ml lemonade, 2 jellysnakes, Apple Juice popper or 1 tblsp honey

Give Sustaining Carbohydrate

Muesli bar, 1 cup milk, 6 dry biscuits, apple

Recheck BGL after 20 mins If BGL <4.0mmol/L repeat sugar serve

Child Unconscious
Risk of Choking/ unable to swallow

First Aid DRABC

Stay with unconscious child

Call an ambulance
Dial 000

Contact parents
When safe to do so

Diabetes School Action Plan

Student Name:.....

Insert

Photo of

Student

Parent Phone:.....

Target BGL
4-8 mmol/L

Routine BGL monitoring times

- Prior to lunch
- Anytime hyposuspected
- Prior to exercise

Physical Activity

- Extra carbohydrate for every 30-45 mins activity
- Vigorous activity should not be undertaken if BGL>15 and blood ketones > 0.6

DANII Foundation
www.danii.org.au

Diabetes Doctor.....

Phone Emergency.....

HYPERGLYCAEMIA

Blood Glucose Levels >15 mmol/L
HIGH

Causes

Not enough insulin, forgotten insulin, concurrent illness, overeating or eating sugary foods.

Signs and Symptoms

Increased thirst, increased urine production, poor concentration, irritable, lethargic, abdominal pain, vomiting

Temporary or Persistent Hypoglycaemia

Student well

Check blood ketones >0.6 callparent/guardian

Student unwell

E.g. Vomiting

Additional toilet privileges

May be required

Contact parents

to collect child

Encourage oral fluids

1-2 glasses water per hour

Check blood ketones

>0.6 contact parent/guardian

