

## 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

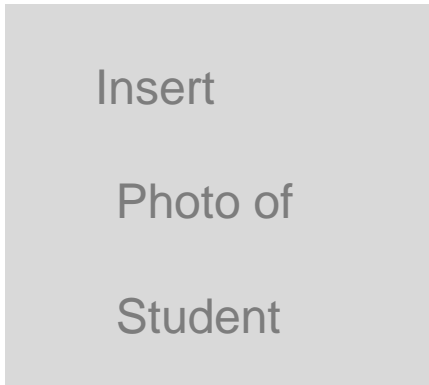
**First Aid DRABC**  
Stay with unconscious child

**Call an ambulance**  
Dial 000

**Contact parents**  
When safe to do so

# Diabetes School Action Plan

Student Name:.....



Parent Phone:.....

**Target BGL**  
4-8 mmol/L

**Routine BGL monitoring times**

- Prior to lunch
- Anytime hypo suspected
- 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](http://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 Hyperglycaemia

**Student well**  
Check blood ketones >0.6 call parent/guardian

**Student unwell**  
Eg. 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

