

# HYPOGLYCAEMIA

**LOW**

Blood Glucose Level < 4.0mmol/L

**DO NOT LEAVE CHILD UNATTENDED  
DO NOT DELAY TREATMENT**

## Signs and symptoms

Note: Symptoms may not always be obvious.  
Pale, headache, shaky, sweaty, dizzy, drowsy, changes in behavior.

**Child conscious**  
(Able to eat hypo food)

**Child unconscious/  
drowsy**  
(Risk of choking/unable to swallow)

**Step 1: Give fast acting carb**  
(As supplied or listed on management plan)

**First Aid DRSABCD**  
Stay with unconscious child

**Step 2: Recheck BGL after 15 mins**  
If BGL < 4.0 repeat Step 1  
If BGL > 4.0 go to Step 3

**Step 3: Give sustaining carb**  
If starting BGL was:  
Between 2.0 - 4.0 no follow-up carb required  
< 2.0 give sustaining carb as supplied

**CALL AN  
AMBULANCE  
DIAL 000**

**Contact parent/guardian**  
When safe to do so

**PARENT / GUARDIAN NAME** \_\_\_\_\_

**CONTACT No** \_\_\_\_\_

## SCHOOL SETTING

**Insulin pump**

Use in conjunction with management plan

# DIABETES SCHOOL ACTION PLAN 2017



Photo of child

**CHILD'S NAME**

\_\_\_\_\_  
\_\_\_\_\_

**SCHOOL**

\_\_\_\_\_  
\_\_\_\_\_

## INSULIN

The insulin pump continually delivers insulin.  
The pump will deliver insulin based on carb and BGL entries. All BGLs must be entered into pump\*  
Able to button push: independently   
with supervision   
with assistance

## ROUTINE BGL CHECKING TIMES

- Anytime, anywhere in the school
- Prior to lunch and other times as per management plan
- Anytime hypo is suspected
- Prior to activity
- Prior to exams or tests (e.g. NAPLAN)

## PHYSICAL ACTIVITY

- 1 serve sustaining carb before every 30 mins of activity and swimming (**no bolus**)
- Vigorous activity should not be undertaken if BGL > 15.0 and blood ketones are > 0.6

\*DO NOT ENTER BGL into pump within 1 hour of completing activity (see management plan)

# HYPERGLYCAEMIA

**HIGH**

Blood Glucose Level > 15.0mmol/L

**HIGH BGLS ARE NOT UNCOMMON**

## Signs and Symptoms

Note: Symptoms may not always be obvious.  
Some could be: increased thirst, increased urine production, poor concentration, irritability, lethargy.

**IF UNWELL (EG VOMITING) CONTACT PARENTS TO COLLECT CHILD**

## Check Blood Ketones

Blood ketones > 0.6 requires immediate treatment

**Blood Ketones**  
< 0.6

**Blood Ketones**  
> 0.6

**Correction bolus**  
Recheck BGL in 2 hrs

Potential line failure.  
Contact parent/guardian for further advice.

**BGL < 15 indicates line is working**

**BGL > 15**

May need injected insulin and line change.

**DATE** \_\_\_\_\_

**HOSPITAL** \_\_\_\_\_

**TREATING DNE** \_\_\_\_\_

**CONTACT No** \_\_\_\_\_

