

**Emergency Hypoglycemia (Low Blood Glucose)
Care Plan
For a Student with Diabetes**



Student's Name _____

Grade _____

Teacher _____

Date of Plan _____

Emergency Contact Information:

Mother/Guardian _____

Home Phone _____ Work Phone _____

Cell Phone _____

Father/Guardian _____

Home Phone _____ Work Phone _____

Cell Phone _____

School Nurse _____ Telephone _____

Diabetes-Trained School Personnel

Name _____ Telephone _____

Name _____ Telephone _____

Name _____ Telephone _____

Name _____ Telephone _____

Name _____ Telephone _____

Never leave a child with suspected low blood sugar alone.

- Causes of Hypoglycemia**
- Too much insulin
 - Missed food
 - Delayed food
 - Too much or too intense exercise
 - Unplanned strenuous physical activity

Symptoms (onset is often sudden; symptoms may progress rapidly)

- Mild**
- Hunger
 - Shakiness
 - Weakness
 - Pale skin
 - Anxiety
 - Irritability
 - Dizziness
 - Sweating
 - Drowsiness
 - Personality change
 - Inability to concentrate
 - Other: _____
- Circle child's usual symptoms

- Moderate**
- Headache
 - Behavior change
 - Poor coordination
 - Blurred vision
 - Weakness
 - Combative behavior
 - Slurred speech
 - Confusion
 - Other: _____
- Circle child's usual symptoms

- Severe**
- Loss of consciousness
 - Seizure
 - Inability to swallow

Actions Needed: Notify School Nurse if available, or Diabetes-Trained School Personnel. If possible, check blood sugar, per Diabetes Medical Management Plan. When in doubt, always TREAT FOR HYPOGLYCEMIA.

- Mild**
- Student may/may not treat self.
 - Provide quick-sugar source.
3-4 glucose tablets; or
4 oz. juice; or
6 oz regular soda; or
3 teaspoons glucose gel
 - Wait 10-15 minutes.
 - Recheck blood glucose.
 - Repeat food if symptoms persist or blood glucose is less than _____.
 - Follow with a snack of carbohydrate and protein (e.g. cheese and crackers).

- Moderate**
- Student requires assistance.
 - Give student quick-sugar source per guidelines for **mild** hypoglycemia.
 - Wait 10-15 minutes.
 - Recheck blood glucose.
 - Repeat food if symptoms persist or blood glucose is less than _____.
 - Follow with a snack of carbohydrate and protein (e.g. cheese and crackers).

- Severe**
- Don't attempt to give the child anything by mouth.
 - Position on side, if possible.
 - Administer glucagon, as prescribed. Dose: _____.
 - While treating, have another person follow the district policy for medical emergency care.
 - Contact parents/guardian.
 - Stay with the student until emergency services arrive.