

# DIABETES EMERGENCY ACTION PLAN

Date: \_\_\_\_\_ Student Name: \_\_\_\_\_  
 DOB: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Parent/Guardian: \_\_\_\_\_ Phone: \_\_\_\_\_

## CHECK BLOOD GLUCOSE

<b>Below 70 (or _____) (Hypoglycemia)</b>	<b>70 – 90</b>	<b>91 – 125</b>	<b>126 – 250</b>	<b>Above 250 (or _____) (Hyperglycemia)</b>	
ONSET: Sudden	or _____	or _____	or _____	ONSET: Over time – several hours or days	
<p style="text-align: center;"><b>*SEVERE HYPOGLYCEMIA</b></p> <p>Combative                      Inability to swallow                      Loss of consciousness                      Seizure</p>	<p style="text-align: center;"><b>MODERATE HYPOGLYCEMIA</b></p> <p>Blurry Vision Confusion                      Weakness                      Headache                      Sleepiness                      Behavior change                      Poor coordination                      Slurred speech</p>	<p style="text-align: center;"><b>MILD HYPOGLYCEMIA</b></p> <p>Hunger                      Weakness                      Paleness Irritability                      Dizziness Sweating                      Crying Anxiety                      Shakiness                      Headache                      Poor concentration                      Personality change                      Drowsiness</p>	<p style="text-align: center;">Student is fine.</p>	<p style="text-align: center;"><b>MILD/MODERATE HYPERGLYCEMIA</b></p> <p>Thirst                      Frequent Urination                      Stomach pains                      Fatigue/sleepiness                      Flushing of skin                      Increased hunger                      Blurred vision                      Lack of concentration                      Sweet, fruity breath                      Dry mouth</p>	<p style="text-align: center;"><b>*SEVERE HYPERGLYCEMIA</b></p> <p><u>Mild and moderate symptoms plus:</u>                      Labored breathing                      Confused                      Very weak                      Unconscious</p>
<p style="text-align: center;"><b>ACTIONS FOR SEVERE HYPOGLYCEMIA</b></p> <ol style="list-style-type: none"> <li>1. Don't attempt to give anything by mouth.</li> <li>2. Position on side, if possible.</li> <li>3. Contact trained diabetes personnel.</li> <li>4. Administer glucagon, if prescribed.</li> <li>5. <b>Call 911.</b></li> <li>6. Contact parents/guardian.</li> <li>7. Stay with student.</li> </ol>	<p style="text-align: center;"><b>ACTIONS FOR MODERATE HYPOGLYCEMIA</b></p> <ol style="list-style-type: none"> <li>1. Give student fast-acting sugar source</li> <li>2. Wait 10 to 15 minutes.</li> <li>3. Recheck blood glucose.</li> <li>4. Repeat food if symptoms persist OR blood glucose is less than 70.</li> <li>5. Follow with a snack of carbohydrate and protein (e.g., cheese and crackers).</li> <li>6. Contact parent if BG is less than _____mg/dL</li> </ol>	<p style="text-align: center;"><b>ACTIONS FOR MILD HYPOGLYCEMIA</b></p> <p style="text-align: center;">If student's blood sugar result is immediately following strenuous activity, give an additional fast-acting sugar.</p>		<p style="text-align: center;"><b>ACTIONS FOR MILD/MODERATE HYPERGLYCEMIA</b></p> <ol style="list-style-type: none"> <li>1. Allow liberal bathroom privileges.</li> <li>2. Encourage student to drink water or sugar-free drinks.</li> <li>3. Check blood glucose &amp; administer insulin per physician orders</li> <li>4. Check for ketones if BG is greater than _____mg/dL</li> <li>5. Contact parent if BG is over _____ mg/dl.</li> </ol>	<p style="text-align: center;"><b>ACTIONS FOR SEVERE HYPERGLYCEMIA</b></p> <ol style="list-style-type: none"> <li>1. If student vomits or is lethargic call parent.</li> <li>2. If parent is unavailable contact 911.</li> </ol>
<p style="text-align: center;"><b>Causes of Hypoglycemia:</b>                      Too much insulin, missed food, delayed food, or exercise</p>			<p style="text-align: center;"><b>Causes of Hyperglycemia:</b>                      Too much food, too little insulin, illness, stress, or decreased activity</p>		
<p style="text-align: center;"><b>FAST ACTING SUGAR SOURCES:</b> 1-4 glucose tablets <b>OR</b> 4 ounces juice <b>OR</b> 6 ounces regular soda <b>OR</b> 3 teaspoons glucose gel <b>OR</b> 3 teaspoons sugar in water</p>					

**Never send a child with suspected low blood glucose anywhere alone** **\*Severe symptoms are a life-threatening emergency**

Adapted with permission from National Association of School Nurses H.A.N.D.S. <sup>SM</sup> 2008