

Hypoglycemia (Low Blood Glucose) Emergency Plan for a Student with Diabetes on Split/Mixed Therapy

Student's Name	Grade/Teacher	Date
Emergency Contact Information:		
Mother/Guardian	Father/Guardian	
Home Phone Work Phone Cell Phone	Home Phone Work Phone Cell Phone	

- Causes of Hypoglycemia**
- Too much insulin
 - Missed food
 - Delayed food
 - Exercise

Symptoms

- Mild to Moderate**
- Hungry
 - Headache
 - Shaky
 - Blurred vision
 - Other
 - Irritable
 - Sweaty
 - Weak
 - Anxious
- Parent to circle usual symptoms*

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

- Actions**
- Never send a student with suspected low blood glucose anywhere alone.
 - Notify school nurse or trained personnel.
 - If possible, test blood glucose.
 - Treat if 70 mg/dl or less (80 mg/dl or less if student under six years of age). If unable to test but student is symptomatic, **TREAT**.

- Treatment of Mild to Moderate**
- Immediately give a fast-acting carbohydrate such as:
 - 4 oz. fruit juice or
 - 4 oz regular pop or
 - 5-8 lifesaver candies or
 - 3-4 glucose tablets or
 - 3 packets of sugar:
 - Wait 15 minutes.
 - Retest the blood glucose.
 - Repeat treatment and retest every 15 minutes until the blood glucose is greater than 70mg/dl (80 mg/dl if student under six years of age).
 - Contact the parents/guardians if the student required repeat treatments **or** if the blood glucose was less than 50mg/dl **or** if the student had more than one episode of hypoglycemia during the school day.
 - If the next meal or snack is more than one hour away **or** if the student will be exercising following the episode of hypoglycemia, give a snack consisting of a carbohydrate and a fat, such as peanut butter and crackers.

- Treatment of Severe**
- Don't attempt to give anything by mouth.
 - Position on side, if possible.
 - Have trained personnel mix and administer glucagon, as prescribed.
 - **Call 911.**
 - Stay with the student.
 - Contact the parents/guardians.
 - When the student awakens and can swallow, encourage the student to take small sips of fruit juice or regular pop. If tolerated, follow with a snack consisting of a carbohydrate and a fat, such as peanut butter crackers.

