

Hypoglycemia (Low Blood Glucose) Emergency Plan for a Student with Diabetes on Basal Bolus Insulin Injection or Pump Therapy

Student's Name			Address			Date of Birth		
School Name			Grade		Teacher			
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 70 mg/dL (80 mg/dL if student under six years of age).
- Contact the parents/guardians if the student required a repeat treatment **or** if the blood glucose was less than 50 mg/dL **or** if the student had more than one episode of hypoglycemia during the school day.

Treatment of Severe

- Don't attempt to give anything by mouth.
- Position on side, if possible.
- Have trained personnel 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.