

DIABETES EMERGENCY ACTION PLAN for HYPERGLYCEMIA (High Blood Sugar)

more than _____ mg/dl

School: _____ SY: _____ - _____ Grade/Rm: _____ Date: _____

Student's Name: _____ Date of Birth: _____

Emergency Contacts: _____ **Allergies:** _____

Mother/Legal Guardian (W) Day Phone Cell/Pager Home

Father/Legal Guardian (W) Day Phone Cell/Pager Home

Alternate (W) Day Phone Cell/Pager Home

Physician/Health Care Provider Phone Fax

Warning Signs and Symptoms: Check or write in previous signs. Look for any of the following listed below.

Behavioral Symptoms:
(Mild)

- Lack of Concentration
- Fatigue and/or Sleepiness

Physical Symptoms:

- Thirst and/or Dry Mouth
- Flushing of Skin
- Frequent Urination
- Nausea
- Blurred Vision
- Hunger
- Stomach Ache
- Vomiting
- Sweet Fruity Breath

(Moderate)

- Stomach Cramps

(Severe)

- Confused
- Unconscious or Comatose
- Rapid Labored Breathing
- Very Weak

IF STUDENT IS SICK, HAS A STOMACH ACHE, OR VOMITING; CALL PARENT(S)/LEGAL GUARDIAN(S)

Hyperglycemia usually develops slowly.

Student may return to class if there are no warning signs or symptoms

Check if Student has Insulin Pump. Call Parent(s)/Legal Guardian(s) Immediately.

Intervention at mild – moderate level will prevent progression to more severe symptoms

1. Timing is important. Eat on time, take insulin on time, and check blood glucose on time.
2. Ensure insulin dosing is accurate. Right dose and right time.
3. Supervise and guide student about food choices, including monitoring what is being eaten.
4. Consult with parent(s)/legal guardian(s) when there will be changes in classroom snacks, meals, or exercise activities.

TREATMENT OF HYPERGLYCEMIA

1. Keep student calm; have student sit down.
2. Check blood sugar. Meter and test strips are located _____.
Start written record with time, signs & symptoms, and results.
3. Allow free use of the bathroom.
4. Encourage drinking water or sugar-free drinks.
5. **For Students on Insulin Pump: Check for tubing kinks, wetness and infusion set for dislodgement.**
 - **Call parent(s)/legal guardian(s).**
6. Check ketones, if Blood Glucose is more than _____ mg/dl.
7. Call parent(s)/legal guardian(s).

Call 911 if vomiting with confusion, labored breathing, lethargic and/or comatose.