

HYPOGLYCAEMIA (Hypo)

LOW

Blood Glucose Level (BGL) < 4.0 mmol/L

**DO NOT LEAVE STUDENT ALONE
DO NOT DELAY TREATMENT**

Signs and symptoms

Note: Symptoms may not always be obvious.
Pale, headache, shaky, sweaty, dizzy, drowsy, changes in behaviour.

Student conscious
(Able to eat hypo food)

**Student unconscious/
drowsy**
(Risk of choking/unable to swallow)

Step 1: Give fast acting carbohydrate
(As supplied or listed on management plan)

First Aid DRABCD
Stay with unconscious student

Step 2: Recheck BGL after 15 mins
If BGL < 4.0 repeat Step 1
If BGL ≥ 4.0 go to Step 3

**CALL AN
AMBULANCE
DIAL 000**

Step 3
If starting BGL was between 2.0-4.0
No follow up sustaining carbohydrate required

Step 3
If starting BGL was < 2.0
GIVE sustaining carbohydrate as supplied

Contact parent/carer
When safe to do so

PARENT/CARER NAME _____

CONTACT No _____

OTHER CONTACT NAME & No _____

SCHOOL SETTING

Insulin pump

DIABETES ACTION PLAN 2018

Click to place photograph here

STUDENT'S NAME _____

SCHOOL _____

Use this plan in conjunction with Diabetes Management Plan

Continuous Glucose Monitoring (CGM) Appendix

Flash Glucose Monitoring Appendix

INSULIN

The insulin pump continually delivers insulin.

The pump will deliver insulin based on carbohydrate and BGL entries. All BGLs must be entered into pump*

Able to button push: independently
 with supervision
 with assistance

ROUTINE BGL CHECKING TIMES

- Anytime, anywhere in the school
- Before lunch
- Anytime hypo is suspected
- Before activity
- Before exams or tests (e.g. NAPLAN)

PHYSICAL ACTIVITY

- 1 serve sustaining carbohydrate food before every 30 mins of planned activity.
DO NOT BOLUS for carbohydrate serve
- Vigorous activity should **not** be undertaken if BGL ≥ 15.0 and blood ketones are ≥ 0.6

*For further information see Management plan

HYPERGLYCAEMIA (Hyper)

HIGH

Blood Glucose Level (BGL) ≥ 15.0 mmol/L

HIGH BGLS ARE COMMON

Signs and Symptoms

Note: Symptoms may not always be obvious.
Some could be increased thirst, extra toilet visits, poor concentration, irritability, tiredness

Check Blood Ketones

Blood ketones ≥ 0.6 mmol/L requires immediate treatment

Blood Ketones
< 0.6

Blood Ketones
≥ 0.6

Correction bolus
Recheck BGL in 2 hrs

Potential line failure.
Contact parent/carer for further advice.
May need injected insulin and line change.
This is the parent/carer responsibility.

**BGL < 15.0
No Further Action**

BGL ≥ 15.0

IF UNWELL (E.G. VOMITING) CONTACT PARENTS TO COLLECT STUDENT

DATE _____

TREATING MEDICAL TEAM _____

CONTACT No _____

