HYPOGLYCAEMIA

LOW
Blood Glucose Level <4.0mmol/L

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

DO NOT leave child UNATTENDED
DO NOT delay TREATMENT

Child conscious
(Able to eat hypo food)

Give fast acting carb
(as supplied or listed on management plan)

First Aid DRSABC
Stay with unconscious child

Child unconscious/drowsy
(Risk of choking/unable to swallow)

Give sustaining carb
(as supplied or listed on management plan)

Call an Ambulance
Dial 000

Recheck BGL after 15 mins
If BGL <4.0 repeat fast acting carb

Contact parent/guardian
when safe to do so

PARENT/GUARDIAN NAME: _______________________
CONTACT No: _______________________

HYPERVERGLYCAEMIA

HIGH
Blood Glucose Level >15.0mmol/L

HIGH BGLs are not uncommon

Signs and Symptoms
There may be no signs and symptoms
Some could be: increased thirst, increased urine production, poor concentration, irritability, lethargy

Child well
Re-check BGL in 2 hours

Encourage oral fluids, return to class
(1-2 glasses water per hour; extra toilet visits may be required)

Child unwell
(e.g. vomiting) +/- Check blood ketones if able

Contact parent/guardian to collect child ASAP

2016 Diabetes School Action Plan
Multiple daily injections
[to be used in conjunction with management plan]

Child’s Name: _______________________
School: _______________________

Photo of Child

Insulin is taken 4 or more times per day
An injection will be taken before lunch. This injection requires supervision assistance
Injection will be done in: ________ (room/location)

Routine BGL checking times
• Anytime, anywhere in the school
• Prior to lunch
• Anytime hypo is suspected
• Prior to activity
• Prior to exams or tests (e.g. NAPLAN)

Physical activity
• 1 serve sustaining carb before every 30 mins of activity
• 1 serve fast acting carb before every 30 mins of swimming
• Vigorous activity should not be undertaken if BGL>15.0 and blood ketones are >1.0

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