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

Child’s Name: ________________________
School: ______________________________

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

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

Insulin will be taken at home in the morning, before school
Please make sure ALL carbohydrate food is eaten at snack and lunch times

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

HYPERGLYCAEMIA
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

Photo of Child

DATE: _____________________________
HOSPITAL: _________________________
TREATING DNE: ____________________
CONTACT No: ________________________

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