**SCHOOL SETTING**

Twice daily injections
Use in conjunction with management plan

**DIABETES SCHOOL ACTION PLAN 2017**

### HYPOGLYCAEMIA

**LOW**

Blood Glucose Level < 4.0mmol/L

**DO NOT LEAVE CHILD UNATTENDED**

**DO NOT DELAY TREATMENT**

**Signs and symptoms**

Note: Symptoms may not always be obvious.

- Pale
- Headache
- Shaky
- Sweaty
- Dizzy
- Drowsy
- Changes in behavior

**Child conscious**

(Able to eat hypo food)

**Child unconscious/drowsy**

(Risk of choking/unable to swallow)

**Step 1:** Give fast acting carb
(as supplied or listed on management plan)

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

**Step 3:** Give sustaining carb
(as supplied or listed on management plan)

**First Aid DRSABCD**

Stay with unconscious child

**CALL AN AMBULANCE**

**DIAL 000**

**CONTACT PARENT/GUARDIAN**

TO COLLECT CHILD ASAP

**HYPERGLYCAEMIA**

**HIGH**

Blood Glucose Level >15.0mmol/L

**HIGH BGLS ARE NOT UNCOMMON**

**Signs and Symptoms**

Note: Symptoms may not always be obvious.

- 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.

In 2 hours, if BGL still >15.0

call parent/guardian for advice

**Child unwell**

E.g. vomiting

Check blood ketones if able

**Photo of child**

**CHILD’S NAME**


**SCHOOL**


**CHILD'S NAME**


**PARENT / GUARDIAN NAME**


**CONTACT No**


**DATE**


**HOSPITAL**


**TREATING DNE**


**CONTACT No**


**PHYSICAL ACTIVITY**

- 1 serve sustaining carb before every 30 mins of activity or swimming
- Vigorous activity should **not** be undertaken if BGL >15.0 and blood ketones are >1.0

**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)

**INSULIN**

Insulin will be taken at home in the morning before school.

Please make sure ALL carbohydrate food is eaten at snack and lunch times.

**In 2 hours, if BGL still >15.0 call parent/guardian for advice**

**PARENT / GUARDIAN NAME**


**CONTACT No**


**DATE**


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