

# DEPARTMENT OF DEFENSE EDUCATION ACTIVITY

## DIABETES EMERGENCY ACTION PLAN

\_\_\_\_\_ SCHOOL

Student Photo

Date of Plan: \_\_\_\_\_ This plan is valid for the current school year: \_\_\_\_\_ - \_\_\_\_\_

Student Name: \_\_\_\_\_ Grade/Teacher: \_\_\_\_\_

 Date of Diabetes Diagnosis: \_\_\_\_\_ ☐ type 1 ☐ type 2 ☐ Other \_\_\_\_\_

### CHECK BLOOD GLUCOSE

Hypoglycemia Below 70 (or _____) Onset SUDDEN		70-90 or	91-125 or	126-250 or	Hyperglycemia Above 250 Or _____ Onset : over time, several hours or days	
<b>*SEVERE HYPOGLYCEMIA</b>  <b>Combative Inability to swallow Loss of consciousness Seizure</b>	<b>MODERATE HYPOGLYCEMIA</b>  Blurry Vision Confusion Weakness Headache Sleepiness Behavior change Poor coordination Slurred speech	<b>MILD HYPOGLYCEMIA</b>  Hunger Weakness Paleness Irritability Dizziness Sweating Crying Anxiety Shakiness Headache Poor concentration Personality change Drowsiness	If exercise is planned before a snack or meal (including recess) the student must have a snack before participating.	<b>Student is fine.</b>	<b>MILD/MODERATE HYPERGLYCEMIA</b>  Thirst Frequent Urination Stomach pains Fatigue/sleepiness Flushing of skin Increased hunger Blurred vision Lack of concentration Sweet, fruity breath, Dry mouth	<b>*SEVERE HYPERGLYCEMIA</b>  <b>Mild and moderate symptoms plus: Labored breathing Confused Very weak Unconscious</b>
<b>ACTIONS FOR SEVERE HYPOGLYCEMIA</b>  1. Don't attempt to give anything by mouth. 2. Position on side, if possible. 3. Contact trained diabetes personnel. 4. Administer glucagon, if prescribed. 5. Call 911. 6. Contact parents/guardian. 7. Stay with student.	<b>ACTIONS FOR MODERATE HYPOGLYCEMIA</b>  1. Give student fast- acting sugar source 2. Wait 10 to 15 minutes. 3. Recheck blood glucose. 4. Repeat food if symptoms persist OR blood glucose is less than 70. 5. Follow with a snack of carbohydrate and protein (e.g.,cheese and crackers).	<b>ACTIONS FOR MILD HYPOGLYCEMIA</b>  If student's blood sugar result is immediately following strenuous activity, give an additional fast-acting sugar.			<b>ACTIONS FOR MILD/MODERATE HYPERGLYCEMIA</b>  1. Allow liberal bathroom privileges. 2. Encourage student to drink water or sugar-free drinks. 3. Check blood glucose & administer insulin per physician orders 4. Contact parent if blood sugar is over 300 mg/dl.	<b>ACTIONS FOR SEVERE HYPERGLYCEMIA</b>  1. If student vomits or is lethargic call parent. 2. If parent is unavailable contact 911.

## Causes of Hypoglycemia:

Too much insulin, missed food, delayed food, or exercise

## Causes of Hyperglycemia:

Too much food, too little insulin, illness, stress, or decreased activity

## FAST ACTING SUGAR SOURCES

3-4 glucose tablets OR 4 ounces juice OR 6 ounces regular soda OR 3 teaspoons glucose gel OR 3 teaspoons sugar in water

Never send a child with suspected low blood glucose anywhere alone!!!

\*Severe symptoms are a life-threatening emergency

<http://www.wasatch.edu/cms/lib/UT01000315/Centricity/Domain/38/diabetesEAP.pdf>

School Nurse Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

School Nurse Signature: \_\_\_\_\_