

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)

Step 1: Give fast acting carbohydrate
(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

If starting BGL was between 3.0–4.0
No follow up sustaining carbohydrate required

Step 3

If starting BGL was < 3.0
GIVE sustaining carbohydrate as supplied

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

First Aid DRSABCD
Stay with unconscious student

**CALL AN
AMBULANCE
DIAL 111**

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



STUDENT'S NAME

SCHOOL

Click to place
photograph
here

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

- Anytime, anywhere in the school
- Before lunch
- Anytime hypo is suspected
- Before activity
- Before exams or tests

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

Correction bolus
Recheck BGL in 2 hrs

**BGL < 15.0
No Further Action**

BGL ≥ 15.0

Blood Ketones
≥ 0.6

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

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

DATE _____

TREATING MEDICAL TEAM _____

CONTACT No _____

This plan has been adapted from the original work of Diabetes Victoria, Monash Children's Hospital and the Royal Children's Hospital, Melbourne.