

## 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: Give sustaining carbohydrate

(As supplied or listed on management plan)

#### 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**  
**Multiple daily injections**

# DIABETES ACTION PLAN 2018



New Zealand Child & Youth  
Clinical Network

Click to place  
photograph  
here

**STUDENT'S NAME**

\_\_\_\_\_  
\_\_\_\_\_

**SCHOOL**

\_\_\_\_\_  
\_\_\_\_\_

Use this plan in conjunction with Diabetes Management Plan

☐ Continuous Glucose Monitoring (CGM) Appendix

☐ Flash Glucose Monitoring Appendix

### INSULIN

Insulin is given 3 or more times per day.

An injection will be needed before lunch.

Able to inject insulin: ☐ independently  
☐ with supervision  
☐ with assistance

Injection will be given in: \_\_\_\_\_  
(Room/location)

### ROUTINE BGL CHECKING TIMES

- 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
- Vigorous activity should **not** be undertaken if BGL ≥ 15.0 and blood ketones are ≥ 1.0

## 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

#### Student 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/carer for  
advice**

#### Student unwell

Check blood ketones (if able) if ≥ 1.0 mmol/L

**CONTACT PARENT/  
CARER  
TO COLLECT  
STUDENT ASAP**

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.