Quick Reference Emergency Plan for a Student with Diabetes

Hypoglycemia (Low Blood Sugar) Photo

Student's Name							
Grade/Teacher			Date of Plan				
Emergency Contac	et Information:						
Mother/Guardian			Father/Guardian				
Home phone	ome phone Work phone		Cell Home phone		Work phone	Cell	
School Nurse/Train	ned Diabetes Personn	el	Contact Number(s)			
	Never send	a child with suspect	ed low blood sugar	anywl	nere alone.		
*	Causes of H	Iypoglycemia					
	LV.	ach insulin	l food		Onset Sudden		
3		sed food					
		yed food		Suuc	icii		
		oo intense exercise					
8:	- Offschede	uled exercise	¥				
	122	Syı	nptoms	7			
			Ý	_ `			
M	ild	Me	Moderate		Severe		
	Sweating	Headache			 Loss of consciousness 		
	Drowsiness	Behavior	 Weakness 		Seizur		
	Personality change	change	 Slurred Speech 		• Inabili	ty to swallow	
	Inability to	• Poor	 Confusion 				
	concentrate	coordination	• Other	-			
, ,	Other:			-			
• Dizziness							
Circle student's usual symptoms.		Circle studer	Circle student's usual symptoms.		Circle student's usual symptoms.		
	V	Action	ns Needed				
Notify School	l Nurse or Trained			ık bla	od sugar ner D	iahetes Medical	
140thy Schoo	Management Plan	. When in doubt, a	lways TREAT FO	RHY	POGLYCEMI	A.	
· · · · · · · · · · · · · · · · · · ·	v		¥			*	
Mild		M	Moderate		Severe		
• Student may/ma			Someone assists.		• Don't attempt to give anything		
	Provide quick-sugar source				by mouth.		
3-4 glucose tablets			Give student quick-sugar source		Position on side, if possible.		
or or		per MILD gu	per MILD guidelines.		- Position on s	arde, it possible.	
4 oz. juice or 6 oz. regular soda		• Wait 10 to 15	• Wait 10 to 15 minutes.		Contact school nurse or trained diabetes personnel.		
3 teaspoons of glucose gel		• Recheck bloo	Recheck blood glucose.		Administer glucagon, as		

cheese and crackers).

prescribed.

· Contact parents/guardian.

• Stay with student.

• Call 911.

• Follow with a snack of

• Repeat food if symptoms persist

carbohydrate and protein (e.g.,

or blood glucose is less than

• Wait 10 to 15 minutes.

• Recheck blood glucose.

· Follow with a snack of

cheese and crackers).

• Repeat food if symptoms persist

or blood glucose is less than

carbohydrate and protein (e.g.,

Quick Reference Emergency Plan for a Student with Diabetes

Hyperglycemia (High Blood Sugar)

D	h	ato.
	щ	π

Student's Name			Date of Plan			
Grade/Teacher						
Emergency Cont	act Information:					
Mother/Guardian		Father/Guardian		18	_	
Home phone	Work phone	Cell	Home phone	Work phone	Cell	-
School Nurse/Trained Diabetes Personnel			Contact Number(s)		

Causes of Hyperglycemia Onset Too much food Illness • Over time—several hours or days Too little insulin • Infection Decreased activity
 Stress **Symptoms** Mild Severe Moderate Thirst • Mild symptoms plus: • Mild and moderate Frequent urination • Dry mouth symptoms plus: • Nausea Labored breathing Fatigue/sleepiness Increased hunger • Stomach cramps · Very weak Confused · Blurred vision Vomiting • Weight loss • Unconscious · Other:_ Stomach pains Flushing of skin Lack of concentration · Sweet, fruity breath • Other: Circle student's usual symptoms. Circle student's usual symptoms. Circle student's usual symptoms. **Actions Needed** • Allow free use of the bathroom. • Encourage student to drink water or sugar-free drinks. Contact the school nurse or trained diabetes personnel to check urine or administer insulin, per student's Diabetes Medical Management Plan. • If student is nauseous, vomiting, or lethargic, ___ parents/guardian or ____ call for medical assistance if parent cannot be reached.