

# WASHINGTON ELEMENTARY SCHOOL

## Emergency Health Care Plan

for a Student with Diabetes

### Hypoglycemia

(Low Blood Sugar)

Photo

Student's Name \_\_\_\_\_

Grade/Teacher \_\_\_\_\_

Date of Plan \_\_\_\_\_

Emergency Contact Information:

Mother/Guardian \_\_\_\_\_

Father/Guardian \_\_\_\_\_

Home phone \_\_\_\_\_

Work phone \_\_\_\_\_

Cell \_\_\_\_\_

Home phone \_\_\_\_\_

Work phone \_\_\_\_\_

Cell \_\_\_\_\_

School Nurse/Trained Diabetes Personnel \_\_\_\_\_

Contact Number(s) \_\_\_\_\_

**Never send a child with suspected low blood sugar anywhere alone.**

#### Causes of Hypoglycemia

- Too much insulin
- Missed food
- Delayed food
- Too much or too intense exercise
- Unscheduled exercise

#### Onset

- Sudden

#### Symptoms

##### Mild

- Hunger
- Shakiness
- Weakness
- Paleness
- Anxiety
- Irritability
- Dizziness
- Sweating
- Drowsiness
- Personality change
- Inability to concentrate
- Other \_\_\_\_\_

Circle student's usual symptoms.

##### Moderate

- Headache
- Behavior change
- Poor coordination
- Blurry vision
- Weakness
- Slurred Speech
- Confusion
- Other \_\_\_\_\_

Circle student's usual symptoms.

##### Severe

- Loss of consciousness
- Seizure
- Inability to swallow

Circle student's usual symptoms.

#### Actions Needed

**Notify School Nurse or Trained Diabetes Personnel. If possible, check blood sugar, per Diabetes Medical Management Plan. When in doubt, always TREAT FOR HYPOGLYCEMIA**

##### Mild

- Student may/may not treat self.
- Provide quick-sugar source.
  - 3-4 glucose tablets
  - or
  - 4 oz. juice
  - or
  - 6 oz. regular soda
  - or
  - 3 teaspoons of glucose gel
- Wait 10 to 15 minutes.
- Recheck blood glucose.
- Repeat food if symptoms persist or blood glucose is less than \_\_\_\_\_.
- Follow with a snack of carbohydrate and protein (e.g., cheese and crackers).

##### Moderate

- Someone assists.
- Give student quick-sugar source per MILD guidelines.
- Wait 10 to 15 minutes.
- Recheck blood glucose.
- Repeat food if symptoms persist or blood glucose is less than \_\_\_\_\_.
- Follow with a snack of carbohydrate and protein (e.g., cheese and crackers).

##### Severe

- Don't attempt to give anything by mouth.
- Position on side, if possible.
- Contact school nurse or trained diabetes personnel.
- Administer glucagon, as prescribed.
- Call 911
- Contact parents/guardian.
- Stay with student.