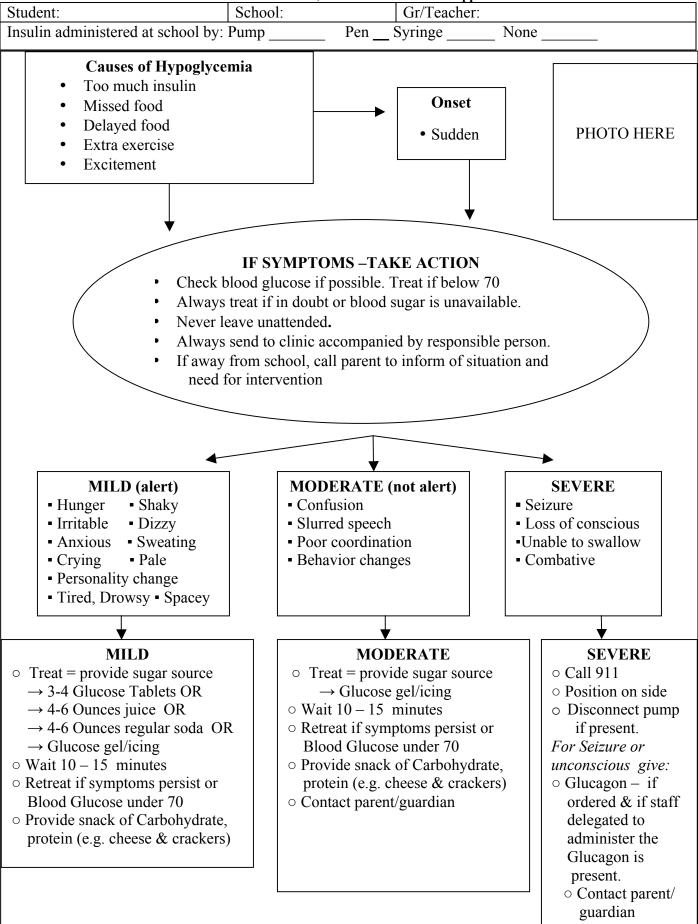
# LOW BLOOD SUGAR (Hypoglycemia) MANAGEMENT

for Classroom teachers, bus drivers and other support staff



## Student: \_\_\_\_

### Causes of Hyperglycemia

- ♦ Too much food
- ♦ Not enough insulin
- ♦ Decreased activity
- ♦ Illness
- ♦ Infection
- ♦ Stress/excitement

### Onset

♦ Over time –Several hours or days

#### **SYMPTOMS**

- ♦ Thirst
- $\Diamond$  Frequent urination needing to go to the bathroom.
- ♦ Fatigue, sleepiness.
- ♦ Blurred vision.
- ♦ Stomachache, cramps nausea, vomiting

#### IF SYMPTOMS -TAKE ACTION

- ♦ Check blood sugar if possible.
- ◆ Test for urine or blood ketones if above 300 if supplies available
- If not at school contact school if intervention is indicated.

#### **MILD**

## **Ketones = Negative or trace/small**

- Provide unrestricted water or non-sugared drinks.
- \* Allow unrestricted access to restroom.
- \* Inform parent/guardian
- \* If pump may require attention from parent. (filling of reservoir, changing set, insulin administration, etc)
- \* Recheck blood sugar and ketones if symptoms persist.

### MODERATE TO LARGE

## **Ketones = Moderate to large**

- Provide unrestricted water or non-sugared drinks.
- > Allow unrestricted access to bathroom.
- Call parent.
- Restrict PE and recess (physical acitivities)
- ➤ If pump parent attention required.
- Recheck blood sugar and ketones hourly if symptoms change.
- Call 911 if decreasing alertness, vomiting, nausea, occur.