LOW BLOOD SUGAR (Hypoglycemia) MANAGEMENT
for Classroom teachers, bus drivers and other support staff

Causes of Hypoglycemia
- Too much insulin
- Missed food
- Delayed food
- Extra exercise
- Excitement

Onset
- Sudden

IF SYMPTOMS –TAKE ACTION
- Check blood glucose if possible. Treat if below 70
- Always treat if in doubt or blood sugar is unavailable.
- Never leave unattended.
- Always send to clinic accompanied by responsible person.
- If away from school, call parent to inform of situation and need for intervention

MILD (alert)
- Hunger
- Shaky
- Irritable
- Dizzy
- Anxious
- Sweating
- Crying
- Pale
- Personality change
- Tired, Drowsy
- Spacey

Treat = provide sugar source
→ 3-4 Glucose Tablets OR
→ 4-6 Ounces juice OR
→ 4-6 Ounces regular soda OR
→ Glucose gel/icing
 → Wait 10 – 15 minutes
 → Retreat if symptoms persist or Blood Glucose under 70
 → Provide snack of Carbohydrate, protein (e.g. cheese & crackers)

MODERATE (not alert)
- Confusion
- Slurred speech
- Poor coordination
- Behavior changes

Treat = provide sugar source
→ Glucose gel/icing
 → Wait 10 – 15 minutes
 → Retreat if symptoms persist or Blood Glucose under 70
 → Provide snack of Carbohydrate, protein (e.g. cheese & crackers)
 → Contact parent/guardian

SEVERE
- Seizure
- Loss of conscious
- Unable to swallow
- Combative

Treat = provide sugar source
→ Glucagon – if ordered & if staff delegated to administer the Glucagon is present.
 → Contact parent/guardian

PHOTO HERE
**Causes of Hyperglycemia**
- Too much food
- Not enough insulin
- Decreased activity
- Illness
- Infection
- Stress/excitement
- If pump – insulin not being delivered (empty, tube kinked, etc)

**Onset**
- Over time – Several hours or days

**SYMPTOMS**
- Thirst
- Frequent urination – needing to go to the bathroom.
- Fatigue, sleepiness.
- Blurred vision.
- Stomachache, cramps nausea, vomiting
- If away from school always contact school and inform of situation or if intervention needed

**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 activities)
- If pump – parent attention required.
- Recheck blood sugar and ketones hourly if symptoms change.
- Call 911 if decreasing alertness, vomiting, nausea, occur.