

## Diabetes Skills Standard Training Checklist Hypoglycemia/Low Blood Sugar

Explanation/Return Demonstration
<b>A. States understanding that Hypoglycemia/Low Blood Sugar requires immediate action</b>
B. The Individualized Student Health Plan (ISHP) is referenced and necessary interventions are followed.
C. Obtain Blood Glucose value if possible. * If blood glucose within range but student symptomatic provide 10-15 gram solid carb snack (crackers, ½ granola bar, etc.) * Always treat if in doubt or blood sugar result is unavailable
D. Preparation: 1. Review Signs/Symptoms of Hypoglycemia/Low Blood Sugar: (Consult Hypoglycemia flow sheet as well) <b>Mild</b> shakiness, irritability, anxiety, paleness, sleepiness (Sometimes there are NO SYMPTOMS) <b>Moderate</b> increased irritability, confusion, dazed appearance – Student unable to coordinate efforts to drink juice or chew up glucose tabs – <b>adult intervention is necessary/Glucose gel</b> <b>Severe</b> unconscious/unresponsive and/or seizure
E. Identifies Supplies and Location where supplies are kept: 1. <b>List appropriate fast acting sugar (carbs):</b> juice, regular soda, glucose tabs, smarties, glucose gel 2. <b>List appropriate stabilizing snack of carb/protein/fat:</b> granola bar, cheese and crackers, peanut butter and crackers 3. <b>Glucagon</b> for severe low- unconscious/unresponsive and/or seizure (see Glucagon standard training checklist)
F. Procedure: a. Verbally recite appropriate response to a case scenario of hypoglycemia/low blood sugar b. Check blood glucose/sugar if possible c. Provide appropriate fast acting sugar source- <b>Mild low:</b> 4 oz.juice or regular soda, glucose tabs, smarties <b>Moderate low:</b> Glucose Gel – Keep student’s head upright, squeeze glucose gel between cheek and gum, massage outer cheek and encourage student to swallow. Squeeze small amounts of gel at a time. <b>Severe low:</b> Glucagon (see Glucagon standard training checklist) d. Re-check blood sugar in 10-15 minutes. Student to remain under adult staff supervision at all times. e. If blood sugar is still below target range, re-treat with 15 grams more of fast acting sugar, re-test blood sugar in 10-15 minutes. f. Once blood sugar in target range, student should eat stabilizing snack (or lunch if scheduled for that time). <b>g. Lows before lunch must be treated! <i>**Insulin is then given after lunch has been eaten**</i></b>
G. Contact parent and District Registered Nurse as indicated in ISHP
H. Document on Daily Diabetes Monitoring Log
<b>I. Call 911 if student becomes unresponsive, has a seizure or is unable/unwilling to take gel or juice.</b>
J. Prepare to administer Glucagon if student becomes unconscious/unresponsive and/or has a seizure.