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

### Explanation/Return Demonstration

**A.** States understanding that Hypoglycemia/Low Blood Sugar requires immediate action

**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)
   - **Mild** shakiness, irritability, anxiety, paleness, sleepiness (Sometimes there are NO SYMPTOMS)
   - **Moderate** increased irritability, confusion, dazed appearance – Student unable to coordinate efforts to drink juice or chew up glucose tabs – adult intervention is necessary/Glucose gel
   - **Severe** unconscious/unresponsive and/or seizure

**E.** Identifies Supplies and Location where supplies are kept:
1. List appropriate fast acting sugar (carbs): juice, regular soda, glucose tabs, smarties, glucose gel
2. List appropriate stabilizing snack of carb/protein/fat: granola bar, cheese and crackers, peanut butter and crackers
3. **Glucagon** 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-
     - **Mild low**: 4 oz. juice or regular soda, glucose tabs, smarties
     - **Moderate low**: 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.
     - **Severe low**: 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).
   - g. **Lows before lunch must be treated!** **Insulin is then given after lunch has been eaten**

**G.** Contact parent and District Registered Nurse as indicated in ISHP

**H.** Document on Daily Diabetes Monitoring Log

**I.** Call 911 if student becomes unresponsive, has a seizure or is unable/unwilling to take gel or juice.
**J.** Prepare to administer Glucagon if student becomes unconscious/unresponsive and/or has a seizure.