

Diabetes Skills Standard Training Checklist Hyperglycemia/High Blood Sugar

Explanation/Return Demonstration
A. States understanding that Hyperglycemia/High Blood Sugar may require intervention.
B. The Individualized Student Health Plan (ISHP) is referenced and necessary interventions are followed.
C. Obtain Blood Glucose value if possible.
D. Preparation: 1. Review Signs/Symptoms of Hyperglycemia/High Blood Sugar: (Consult Hyperglycemia flow sheet as well). Mild thirst, frequent urination, fatigue, lack of concentration (Often there are no signs/symptoms) Moderate stomachache, nausea, vomiting, sweet fruity breath Severe labored breathing, profound weakness, confusion, unconsciousness
C. Identifies Supplies: 1. ISHP 2. Water or other sugar free beverage 2. Insulin if ordered 3. Ketone strips if ordered and available
D. Procedure: a. Verbally recite appropriate response to a case scenario of hyperglycemia/high blood sugar b. Check blood glucose/sugar if possible c. If indicated in ISHP check urine or blood ketones d. Check ISHP for insulin orders if indicated e. Encourage student to drink plenty of water or other sugar free beverage: 1 ounce of water/per year of age/per hour (a 10 year old should drink 10 ounces of water each hour) f. Allow unrestricted access to the bathroom g. Follow guidelines in ISHP regarding exercise when ketones present- * No exercise with moderate/large ketones * Student with trace/small ketones may exercise if feeling OK and drinking plenty of water
E. Contact parent and District Registered Nurse as indicated in ISHP. * Call parent immediately if student has moderate/large ketones. Student requires close monitoring and parent should plan to pick up student from school.
F. For students using an insulin pump – recheck Blood Glucose according to the ISHP. (typically re-check blood glucose 2 hours after insulin correction via the pump)
G. Call 911 if student becomes lethargic, has decreased alertness, or has labored or difficulty breathing.