**Emergency Action Plan**

photo

Glucose Monitoring Treatment

Goal: Return student to target range as quickly as possible without complications.

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| STUDENT: |       | DOB: |       | GRADE/TEACHER |       | DATE OF PLAN: |       |

[ ]  Insulin Addendum [ ]  Pump Addendum [ ]  CGM Addendum [ ]  Independent Plan [ ]  Other: Addendum \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**LOW Blood Sugar (Hypoglycemia) Management**

**If Symptoms – Take Action:** **Check blood glucose/sensor glucose if possible. Treat if below** **mg/dl**

* Always treat if in doubt or if blood sugar is unavailable.
* Never leave unattended.
* Always send to clinic accompanied by responsible person.
* Check BG/SG when CGM alarms or when student is symptomatic.
* If blood glucose/sensor glucose in range but student symptomatic, may contact parent or provide a **10-15 gram solid carb snack** (cheese and crackers, ½ granola bar).
* With insulin pump, DO NOT enter carbs for fast acting sugar used to treat low.

**MILD SYMPTOMS:** Hunger, shaky irritable, dizzy, anxious, sweating, crying, pale, spacey, tired, drowsy, personality change

**Mild Treatment:**

* **Treat** by giving up to 15 grams of fast acting sugar such as **Glucose Tabs**, **Juice Box/Capri Pouch**, regular soda, 2-3 Smarties candy rolls.
* Wait 10-15 minutes, child should be observed during this time.
* Recheck BG/SG.
* **Retreat** if BG/SG still under mg/dl or if symptoms persist.
* Once BG/SG      mg/dlor higher, provide aup to a **15 gram** (or       gm per parent) **solid carb snack** OR escort to lunch if lunchtime.
* **Lows MUST be treated before student goes to lunch.**
* Dose for lunch carbs after eating lunch.
* Notify Parent and RN.

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| **MODERATE SYMPTOMS** Confusion, Slurred speech, Poor coordination, Behavior changes, Unable to focus to eat or drink**Moderate Treatment:*** **Treat** withGlucose Gel or Icing keeping head elevated, squeeze gel between cheek and gums, encourage child to swallow.
* Wait 10-15 minutes; child should be observed during this time.
* **Recheck** BG/SG and if below       mg/dl and symptoms persist, retreat until BG/SG above       mg/dl.
* Once BG/SG       mg/dl or higher, provide a **10-15 gram** (or       gm per parent) **solid carb snack** ORescort student to lunch if lunchtime.
* **Lows MUST be treated before student goes to lunch.**
* Dose for lunch carbs after eating lunch.
* Notify Parent and RN.
 |  | **SEVERE SYMPTOMS** Seizure, Loss of consciousness * Student has glucagon at school: **[ ]  yes** **[ ]  no**

**Severe Low Treatment:*** **Administer Glucagon/Call 911**
* Position student on side.
* Disconnect pump or peel off insertion site like a band-aid.
* If trained / delegated staff available: Administer GLUCAGON DOSE
* Stay with student until 911 arrives
* Once student responds to glucagon and able to sit up, treat with glucose gel. When fully alert offer sips of juice. Notify Parent and RN.
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| **STUDENT:** |  | **DATE:** |  |

**High Blood Glucose (Hyperglycemia) Management**

**If Symptoms – Take Action:** **Check blood/sensor glucose; if above** **mg/dl**

* Encourage to drink water
* Contact parent/guardian
* Allow access to water and restrooms

**MILD SYMPTOMS**

Thirst, headache, abdominal discomfort, nausea, increased urination and/or lethargy.

**Treatment:**

* Encourage to drink water or diet pop (caffeine free): 1 ounce water/year of age/per hour
* When hyperglycemia occurs other than lunchtime – contact school nurse and parent to determine correction procedure per provider orders or one-time orders.
* Provide blood/sensor glucose correction as indicated in provider orders or per pump.
* ***Recheck in 2 hours.***
* Reminder: Students taking insulin injections should not be given a correction dosage more than every 3 hours unless directed by provider orders.
* Note: If on a pump insulin may need to be given by injection contact school nurse and parent.

**See Standards of Care.**

**Access Standards of Care for Diabetes Management in the School Setting**

**Hyperglycemia:**

If Blood/Sensor Glucose is over **300 mg/dl** twice in a row and greater than 2 hours apart:

* **Check** urine/blood ketones - if **moderate to large or if blood ketones are greater than 1.0 mmol, call parent & school nurse immediately!**
* **If student has labored breathing, change in mental status and/or may be dehydrated- call 911**

**Contact the school nurse for Exercise Restrictions and School Attendance per Standards.**

**(Reference: STANDARDS OF CARE FOR DIABETES MANAGEMENT IN THE SCHOOL SETTING**

**for more information -** [**www.coloradokidswithdiabetes.org**](http://www.coloradokidswithdiabetes.org)**).**

**\***If student has moderate to large ketones or blood ketones ≥ 1.0 mmol and student has labored breathing, change in mental status or may be dehydrated-**call 911**.

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Nurse Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_