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

Student: ___________________________  School: ___________________________  Gr/Teacher: ___________________________

Insulin administered at school by: Pump _______   Pen _______   Syringe _____   None _______

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

Onset
• Sudden

IF SYMPTOMS – TAKE ACTION
• Check blood/sensor glucose if possible. Treat if below 70
• Always treat if in doubt or blood glucose 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
• Irritable
• Anxious
• Crying
• Dizzy
• Sweating
• Pale
• Personality change
• Tired, Drowsy
• Spacey

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

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

MILD
○ 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
○ 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
○ Call 911
○ Position on side
○ Disconnect pump if present.
For Seizure or unconscious give:
○ Glucagon – if ordered & if staff delegated to administer the Glucagon is present.
○ Contact parent/guardian
HIGH BLOOD SUGAR (Hyperglycemia) MANAGEMENT

**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.