HIGH BLOOD SUGAR (Hyperglycemia) MANAGEMENT

for Classroom teachers, bus drivers and other support staff

Student: School: Gr/Teacher:

Causes of Hyperglycemia

- ♦ Too much food
- ♦ Not enough insulin
- ♦ Decreased activity
- ♦ Illness
- ♦ Infection
- ♦ Stress/excitement

Onset Over time – Several hours or

SYMPTOMS

- ♦ Thirst
- ♦ Frequent urination needing to go to the bathroom.
- ♦ Fatigue, sleepiness.
- ♦ Blurred vision.
- ♦ Stomachache, cramps nausea, vomiting

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

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)

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 acitivities)
- ➤ If pump parent attention required.
- Recheck blood sugar and ketones hourly if symptoms change.
- Call 911 if decreasing alertness, vomiting, nausea, occur.