**HYPOGLYCAEMIA**

**LOW**
Blood Glucose Level <4.0mmol/L

**Signs and Symptoms**
Pale, headache, shaky, sweaty, dizzy, drowsy, changes in behaviour. Symptoms may not always be obvious

**DO NOT leave child UNATTENDED**

**DO NOT delay TREATMENT**

**Child Conscious**
(Able to eat hypo food)

- Give fast acting carb
  (e.g. 5 jelly beans, 125ml lemonade, 2 jelly snakes)
- First Aid DRABC
  Stay with unconscious child
- Call an Ambulance
  Dial 000
- Recheck BGL after 15 mins
  If BGL <4.0mmol/L repeat fast acting carb
- Contact parents
  when safe to do so

**Child Unconscious/drowsy**
(Risk of choking/unable to swallow)

- Give sustaining Carb
  (e.g. Muesli bar, 1 cup milk, 6 dry biscuits, apple)
- Encourage oral fluids, return to class
  (1-2 glasses water per hour; extra toilet visits may be required)
- Contact parents
to collect child ASAP

**PARENT NAME:** ____________________________
**CONTACT No:** ____________________________

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**HYPERGLYCAEMIA**

**HIGH**
Blood Glucose Level >15mmol/L

**HIGH BGs are not uncommon**

**Signs and Symptoms**
There may be no signs and symptoms. Some could be: increased thirst, increased urine production, poor concentration, irritability, lethargy

**Child well**
Check blood ketones. If >1.0 call parent (extra insulin may be needed)

**Child unwell**
(e.g. vomiting +/- Check blood ketones. If >1.0

**Encourage oral fluids, return to class**
(1-2 glasses water per hour; extra toilet visits may be required)

**Contact parents**
to collect child ASAP

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**2015 Diabetes Action Plan**
Multiple Daily Injections
(to be used in conjunction with management plan)

**Child’s Name:** ____________________________
**School:** ____________________________

**Photo of Child**

**Insulin is taken 4 or more times per day.**
An injection will be taken before lunch. This injection requires supervision assistance

**Location of injection:** ____________________________

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**Routine BGL checking times**
- Anytime, anywhere in the school
- Prior to lunch
- Anytime hypo is suspected
- Prior to activity
- Prior to exams or tests (e.g. NAPLAN)

**Physical Activity**
- 1 serve sustaining carb before every 30 mins of activity
- 1 serve fast acting carb before every 30 mins of swimming
- Vigorous activity should **not** be undertaken if BGL >15 and blood ketones are >1.0

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**DATE:** ____________________________
**HOSPITAL:** ____________________________
**TREATING DNE:** ____________________________
**CONTACT No:** ____________________________