

# HYPOGLYCAEMIA (Hypo)

LOW  
Blood Glucose Level (BGL) < 4.0 mmol/L

**DO NOT LEAVE STUDENT ALONE  
DO NOT DELAY TREATMENT**

## Signs and symptoms

Note: Symptoms may not always be obvious.  
Pale, headache, shaky, sweaty, dizzy, drowsy, changes in behaviour.

Student conscious  
(Able to eat hypo food)

Student unconscious/drowsy  
(Risk of choking/unable to swallow)

Step 1: Give fast acting carbohydrate  
(As supplied or listed on management plan)

First Aid DRSABCD  
Stay with unconscious student

Step 2: Recheck BGL after 15 mins  
If BGL < 4.0 repeat Step 1  
If BGL ≥ 4.0 go to Step 3

Step 3  
If starting BGL was between 2.0–4.0  
No follow up sustaining carbohydrate required

Step 3  
If starting BGL was < 2.0  
GIVE sustaining carbohydrate as supplied

**CALL AN  
AMBULANCE  
DIAL 000**

Contact parent/carer  
When safe to do so

PARENT/CARER NAME \_\_\_\_\_  
CONTACT No \_\_\_\_\_  
OTHER CONTACT NAME & No \_\_\_\_\_

SCHOOL SETTING

Insulin pump

# DIABETES ACTION PLAN 2018

Click to place photograph here

STUDENT'S NAME \_\_\_\_\_  
\_\_\_\_\_

SCHOOL \_\_\_\_\_  
\_\_\_\_\_

Use this plan in conjunction with Diabetes Management Plan

- Continuous Glucose Monitoring (CGM) Appendix  
 Flash Glucose Monitoring Appendix

## INSULIN

The insulin pump continually delivers insulin.

The pump will deliver insulin based on carbohydrate and BGL entries. All BGLs must be entered into pump\*

- Able to button push:
- independently
  - with supervision
  - with assistance

- Anytime, anywhere in the school
- Before lunch
- Anytime hypo is suspected
- Before activity
- Before exams or tests (e.g. NAPLAN)

## PHYSICAL ACTIVITY

- 1 serve sustaining carbohydrate food before every 30 mins of planned activity. DO NOT BOLUS for carbohydrate serve
- Vigorous activity should not be undertaken if BGL ≥ 15.0 and blood ketones are ≥ 0.6

\*For further information see Management plan

# HYPERGLYCAEMIA (Hyper)

HIGH  
Blood Glucose Level (BGL) ≥ 15.0 mmol/L

HIGH BGLS ARE COMMON

## Signs and Symptoms

Note: Symptoms may not always be obvious.  
Some could be increased thirst, extra toilet visits, poor concentration, irritability, tiredness

## Check Blood Ketones

Blood ketones ≥ 0.6 mmol/L requires immediate treatment

Blood Ketones < 0.6

Blood Ketones ≥ 0.6

Correction bolus  
Recheck BGL in 2 hrs

Potential line failure.  
Contact parent/carer for further advice.  
May need injected insulin and line change.  
This is the parent/carer responsibility.

BGL < 15.0 No Further Action

BGL ≥ 15.0

**IF UNWELL (E.G. VOMITING) CONTACT PARENTS  
TO COLLECT STUDENT**

DATE \_\_\_\_\_  
TREATING MEDICAL TEAM \_\_\_\_\_  
CONTACT No \_\_\_\_\_