

EMERGENCY HEALTH PLAN

NAME:

DATE OF BIRTH:

HYPOGLYCAEMIA

Blood Glucose Level (BGL) Below 4 mmol/L

MILD-MODERATE

SIGNS AND SYMPTOMS

- Shaky *(select/add appropriate symptom)*
- Pale sweating
- Looks unwell
- Complaining of headache or feeling hot
- Irritable/Argumentative
- Mood change



DO NOT LEAVE UNATTENDED OR SEND TO OFFICE/SICKBAY



TREATMENT

- Check student's blood glucose level (if able).
IF IN DOUBT TREAT
- Give 1 Popper 125ml
(Or 5 jelly beans or 3 teaspoons sugar or 150ml lemonade)
- Retest BGL in 15 mins. Clean fingers if possible.
- If below 4 mmol/l give another popper and wait 15 minutes. Retest blood glucose level.
- Once above 4 mmol/l, if due to eat within 30 minutes to eat as usual. If not, give slow acting carbohydrate such as muesli bar, 2 plain biscuits or as provided in hypo box.

SEVERE

SIGNS AND SYMPTOMS

- Unable to swallow, drowsy (e.g Can't suck on a popper)
- Confused or Disorientated
- Unconscious
- Having a seizure



TREATMENT

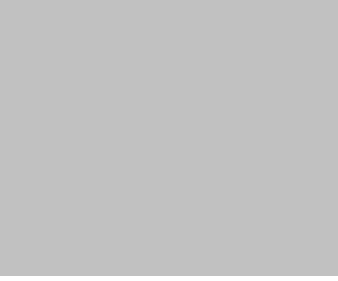
- **DO NOT GIVE FOOD OR DRINK**
- **DO NOT LEAVE UNATTENDED**
- If unconscious, place the student in the recovery position (on side) and check his/her airway is clear.
- Phone ambulance **DIAL 000 / 112 (mobile)**
- Ring parents once ambulance has been called



WHEN CALLING AN AMBULANCE

- State it is a **Diabetes emergency**
- School's address

Insert student's photo



KEY SCHOOL SUPPORT PERSONNEL

Class teacher

PARENT

Mum
Dad
Home
Mobile

EQUIPMENT LOCATION

To be kept with or in close proximity to student

- Hypo Kits
- BG Meter
- Health plans

REMEMBER

- Record the event
- Restock Hypo kits and /or medication used

HYPERGLYCAEMIA (BGL above 15 mmol/L)

Child is Well



SIGNS AND SYMPTOMS

- Excessive thirst
- Going to the toilet frequently
- Tired



ACTION

- Allow water and toilet privileges
- Student should **NOT** be made to exercise
- If child becomes unwell contact parents and/or follow **Child is Unwell** pathway

PARENT

Mum
Dad
Home
Mobile

WHEN CALLING AN AMBULANCE

- State it is a **Diabetes emergency**
- School's address

REMEMBER

Record event

Child is Unwell



SIGNS AND SYMPTOMS

- Nausea and/or abdominal pain
- Vomiting
- Rapid laboured breathing
- Sweet-smelling breath



ACTION

- **DO NOT LEAVE UNATTENDED**
- Phone ambulance **DIAL 000 / 112 (mobile)**
- Ring parents once ambulance has been called

In the event of an emergency I authorise school personnel to follow this management plan as outlined.

Parent/ Carer name: _____

Date: _____

Signature: _____

Plan developed by: _____

Signature: _____

Date: _____