

DIABETES INDIVIDUAL HEALTH PLAN

PLACE PHOTO HERE	STUDENT'S NAME	
	DATE OF BIRTH	
	YEAR LEVEL	
	TEACHER	
	PARENT SIGNATURE	
	HEALTH PROFESSIONAL NAME/QUALS/SIGNATURE	
	DATE	

EMERGENCY CONTACT NUMBERS (If unconscious call 000 first)

	NAME	NUMBER
1	Parents	
2		
3	Diabetes Team	

HYPOGLYCAEMIA (Hypo) = LOW BLOOD GLUCOSE LEVEL (BGL)

MUST TREAT IMMEDIATELY IF BGL < _____ mmols/L

	(Student's name)		specific warning signs when experiencing hypoglycaemia
<input type="checkbox"/>	Shaky	<input type="checkbox"/>	Irritable
<input type="checkbox"/>	Pale	<input type="checkbox"/>	Complaining of headache or feeling hot
<input type="checkbox"/>	Dizzy	<input type="checkbox"/>	Mood change eg becoming tired/withdrawn
<input type="checkbox"/>	Looks unwell	<input type="checkbox"/>	Crying
<input type="checkbox"/>	Sweating	<input type="checkbox"/>	Argumentative
Other specific information: <i>Personalise to student</i>			

HYPO ACTION PLAN

Remain with student at all times

1. Test BGL with student's meter AND TREAT IMMEDIATELY.
If in doubt or student does not have a meter – STILL TREAT with ONE of the following **fast acting** glucose food/drinks. DO NOT ATTEMPT IF STUDENT IS UNCONSCIOUS/FITTING. RING 000.
 - *List sample foods/drinks*
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3. Give ONE of the following **slow acting** glucose food/drinks
 - *List sample foods/drinks*
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2. Retest BGL after 15-20 minutes. If BGL is still < _____, repeat fast acting glucose food/drink until student's BGL is > _____.

STUDENT SHOULD NEVER BE SENT TO SICK BAY ON THEIR OWN OR LEFT UNATTENDED
UNTIL FULLY RECOVERED FROM HYPOGLYCAEMIA EVENT. PHONE PARENTS.

IF STUDENT IS UNCONSCIOUS/FITTING (SEVERE HYPOGLYCAEMIA)

1. Lay student on side.
2. DO NOT give any food or fluids by mouth.
3. IMMEDIATELY phone 000 for an ambulance and cite **DIABETES EMERGENCY**.
4. Phone parents.

HYPERGLYCAEMIA = HIGH BLOOD GLUCOSE LEVEL (BGL OVER 15 MMOLS/L)

1. If BGL > 15 mmols/L student needs extra water and toilet privileges.
2. Student should not be made to exercise
3. If student has a high BGL and feels unwell, develops nausea, vomiting or abdominal pain, parents MUST be contacted as the student needs to go home.