

## Hypoglycaemia care plan for \_\_\_\_\_

Causes	Onset
<ul style="list-style-type: none"> <li>• Too much insulin or diabetes medicine</li> <li>• Delaying or missing a meal</li> <li>• Too little carbohydrate in the meal</li> <li>• Extra, intense or unplanned physical activity</li> <li>• Illness, particularly gastrointestinal illness</li> <li>• Drinking alcohol</li> </ul>	<ul style="list-style-type: none"> <li>• Sudden – symptoms may progress rapidly</li> </ul>

### HYPOGLYCAEMIA SYMPTOMS

(Circle the person's usual symptoms)

Mild to moderate	Severe
<ul style="list-style-type: none"> <li>• Sweating</li> <li>• Hunger</li> <li>• Change of colour</li> <li>• Headache</li> <li>• Weakness</li> <li>• Slurred speech</li> <li>• Other _____</li> </ul>	<ul style="list-style-type: none"> <li>• Shaking</li> <li>• Dizziness</li> <li>• Sleepiness</li> <li>• Irritable</li> <li>• Blurry vision</li> <li>• Confusion</li> </ul>

### TREATMENT

If possible check blood glucose level  
Treat for hypoglycaemia if blood glucose level is less than 4 mmol/L

**WHEN IN DOUBT, ALWAYS TREAT FOR HYPOGLYCAEMIA**

Treatment for mild to moderate hypoglycaemia	Treatment for severe hypoglycaemia
<p><b>STEP 1</b></p> <p>Provide 15g of quick-acting carbohydrate such as:</p> <ul style="list-style-type: none"> <li>• 6–7 jellybeans</li> <li>• A small juice box (e.g. Prima)</li> <li>• Half a can of regular soft drink (not diet)</li> <li>• 3 teaspoons of sugar, jam or honey.</li> </ul> <p><b>STEP 2</b></p> <p>If the next meal is more than 20 minutes away, provide 15g of slow-acting carbohydrate such as:</p> <ul style="list-style-type: none"> <li>• 1 piece of fruit</li> <li>• 1 slice of bread</li> <li>• 1 small tub of yoghurt</li> <li>• 1 glass of milk.</li> </ul> <p>Retest blood glucose level after 10 to 15 minutes.</p> <ul style="list-style-type: none"> <li>• <b>Never leave the person alone when they are experiencing a hypo.</b></li> <li>• Inform next of kin.</li> <li>• Document the event.</li> </ul>	<ul style="list-style-type: none"> <li>• Position the person on their side.</li> <li>• Check their airway is clear.</li> <li>• Do not give any food or drink by mouth.</li> <li>• Give an injection of glucagon, if available and you are trained to give it.</li> <li>• Phone for an ambulance (dial 000) stating a 'diabetic emergency'.</li> <li>• Give details of name, address and any treatment already given.</li> <li>• Wait with the person until the ambulance arrives.</li> <li>• Contact next of kin.</li> <li>• Document the event.</li> </ul>

## Hyperglycaemia care plan for \_\_\_\_\_

Causes	Onset
<ul style="list-style-type: none"> <li>• Too little insulin or diabetes medicine</li> <li>• Food intake not covered adequately by insulin</li> <li>• Inactivity</li> <li>• Illness, infection or injury</li> <li>• Severe physical or emotional stress</li> <li>• Insulin pump malfunction</li> </ul>	<ul style="list-style-type: none"> <li>• Slow – over several hours or days</li> </ul>

### HYPERGLYCAEMIA SYMPTOMS

(Circle the person's usual symptoms)

Mild to moderate	Severe
<ul style="list-style-type: none"> <li>• Increased thirst</li> <li>• Nausea</li> <li>• Abnormal fatigue</li> <li>• Dry mouth</li> <li>• Blurry vision</li> <li>• Frequent urination</li> <li>• Other _____</li> </ul>	<ul style="list-style-type: none"> <li>• Dry mouth, extreme thirst and dehydration</li> <li>• Nausea and vomiting</li> <li>• Severe abdominal pain</li> <li>• Fruity smelling breath</li> <li>• Heavy breathing or shortness of breath</li> <li>• Chest pain</li> <li>• Increasing sleepiness or lethargy</li> <li>• Coma</li> </ul>

### TREATMENT

Treatment for hyperglycaemia	Treatment for hyperglycaemia emergency
<ul style="list-style-type: none"> <li>• Check blood glucose level.</li> <li>• Check urine or blood for ketones if blood glucose levels are greater than _____</li> <li>• Give a supplemental injection of insulin if you are trained to give it.</li> <li>• Give extra water and non-sugar containing drinks (not fruit juices).</li> <li>• Support the person to access the toilet as required.</li> <li>• Recheck blood glucose every 2 hours to determine if it is decreasing to target range.</li> <li>• Inform next of kin.</li> <li>• Document the event.</li> </ul>	<ul style="list-style-type: none"> <li>• Phone for an ambulance (dial 000) stating a 'diabetic emergency'.</li> <li>• Give details of name, address and any treatment already given.</li> <li>• Wait with the person until the ambulance arrives.</li> <li>• Contact next of kin.</li> <li>• Document the event.</li> </ul>