## Hypoglycaemia care plan for

### Causes
- Too much insulin or diabetes medicine
- Delaying or missing a meal
- Too little carbohydrate in the meal
- Extra, intense or unplanned physical activity
- Illness, particularly gastrointestinal illness
- Drinking alcohol

### Onset
- Sudden – symptoms may progress rapidly

### HYPOGLYCAEMIA SYMPTOMS
(Circle the person’s usual symptoms)

<table>
<thead>
<tr>
<th>Mild to moderate</th>
<th>Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweating</td>
<td>Shaking</td>
</tr>
<tr>
<td>Hunger</td>
<td>Dizziness</td>
</tr>
<tr>
<td>Change of colour</td>
<td>Sleepiness</td>
</tr>
<tr>
<td>Headache</td>
<td>Irritable</td>
</tr>
<tr>
<td>Weakness</td>
<td>Blurry vision</td>
</tr>
<tr>
<td>Slurred speech</td>
<td>Confusion</td>
</tr>
<tr>
<td>Other</td>
<td>Inability to eat or drink</td>
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<tr>
<td></td>
<td>Unconscious</td>
</tr>
<tr>
<td></td>
<td>Unresponsive</td>
</tr>
<tr>
<td></td>
<td>Seizure or convulsions (jerky movements)</td>
</tr>
</tbody>
</table>

### 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

**STEP 1**
Provide 15g of quick-acting carbohydrate such as:
- 6–7 jellybeans
- A small juice box (e.g. Prima)
- Half a can of regular soft drink (not diet)
- 3 teaspoons of sugar, jam or honey.

**STEP 2**
If the next meal is more than 20 minutes away, provide 15g of slow-acting carbohydrate such as:
- 1 piece of fruit
- 1 slice of bread
- 1 small tub of yoghurt
- 1 glass of milk.

Retest blood glucose level after 10 to 15 minutes.

**Never leave the person alone when they are experiencing a hypo.**
- Inform next of kin.
- Document the event.

#### Treatment for severe hypoglycaemia

- Position the person on their side.
- Check their airway is clear.
- Do not give any food or drink by mouth.
- Give an injection of glucagon, if available and you are trained to give it.
- Phone for an ambulance (dial 000) stating a ‘diabetic emergency’.
- Give details of name, address and any treatment already given.
- Wait with the person until the ambulance arrives.
- Contact next of kin.
- Document the event.
### Causes
- Too little insulin or diabetes medicine
- Food intake not covered adequately by insulin
- Inactivity
- Illness, infection or injury
- Severe physical or emotional stress
- Insulin pump malfunction

### Onset
- Slow – over several hours or days

### HYPERGLYCAEMIA SYMPTOMS
(Circle the person’s usual symptoms)

#### Mild to moderate
- Increased thirst
- Nausea
- Abnormal fatigue
- Dry mouth
- Blurry vision
- Frequent urination
- Other ____________________________

#### Severe
- Dry mouth, extreme thirst and dehydration
- Nausea and vomiting
- Severe abdominal pain
- Fruity smelling breath
- Heavy breathing or shortness of breath
- Chest pain
- Increasing sleepiness or lethargy
- Coma

### TREATMENT

#### Treatment for hyperglycaemia
- Check blood glucose level.
- Check urine or blood for ketones if blood glucose levels are greater than ________________
- Give a supplemental injection of insulin if you are trained to give it.
- Give extra water and non-sugar containing drinks (not fruit juices).
- Support the person to access the toilet as required.
- Recheck blood glucose every 2 hours to determine if it is decreasing to target range.
- Inform next of kin.
- Document the event.

#### Treatment for hyperglycaemia emergency
- Phone for an ambulance (dial 000) stating a ‘diabetic emergency’.
- Give details of name, address and any treatment already given.
- Wait with the person until the ambulance arrives.
- Contact next of kin.
- Document the event.