

## DIABETES EMERGENCY CARE PLAN

Diabetes is a condition in which the pancreas does not produce the insulin necessary to metabolize carbohydrates. In Type I diabetes, the necessary insulin is taken by inject.

Two types of emergencies can be life threatening.

1. Low Blood Sugar (not enough food carbohydrates to use up the insulin available.
2. High Blood Sugar (food carbohydrates are more than the insulin available.)

Name: \_\_\_\_\_

Birth date: \_\_\_\_\_

Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_

Physician: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact/Number:

1. \_\_\_\_\_

H: \_\_\_\_\_

W: \_\_\_\_\_

C: \_\_\_\_\_

2. \_\_\_\_\_

H: \_\_\_\_\_

W: \_\_\_\_\_

C: \_\_\_\_\_

For any symptoms, **CHECK BLOOD SUGAR**. If checking blood sugar is impossible, **treat as low blood sugar**. (Only licensed personnel may interpret blood sugar and decide treatment. Unlicensed need to call parent for instructions on treatment. Only licensed personnel may give injections.)

### Low Blood Sugar Symptoms

**Mild:** Hunger, shaky, weak, sweaty, anxious, dizzy, drowsy, pale, irritable, unable to concentrate, personality changes.

**Moderate:** Headache, behavior change, poor coordination, confusion, blurry vision, weakness, slurred speech.

**Severe:** Loss of consciousness, seizure.

### Action for Low Blood Sugar

**Mild-Moderate:** If able to swallow, give 15 grams of Carbohydrate (fruit juice, regular pop). Recheck BG in 10-15 min.

**Severe:** Give Glucagon if ordered. Call 911. Call Parents.

Note: Any injections must be given by licensed personnel.

### High Blood Sugar Symptoms

**Mild:** Thirst, frequent urination, fatigue/sleepiness, increased hunger, blurred vision, weight loss, stomach pains, flushing of skin, lack of concentration, sweet breath.

**Moderate:** Mild symptoms plus – dry mouth, nausea, stomach cramps, vomiting.

**Severe:** Mild and moderate symptoms plus – labored breathing, very weak.

### Action for High Blood Sugar

Mild-Moderate: Drink water or 0 calorie fluids. Check urine ketones if blood sugar >240. Decrease activity if ketones are present.

Severe: Call 911. Call parents.

Note: Any injections must be given by licensed personnel.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Physician Signature \_\_\_\_\_

Date: \_\_\_\_\_