

STUDENT'S NAME:

Student's usual **LOW blood glucose symptoms:**

- Shaky or jittery
- Sweaty
- Hungry
- Pale
- Headache
- Blurry vision
- Sleepy
- Dizzy
- Uncoordinated
- Irritable, nervous
- Argumentative
- Combative
- Changed personality
- Changed behavior
- Unable to concentrate
- Weak, lethargic

ALGORITHMS FOR BLOOD GLUCOSE RESULTS

BELOW 70

1. Give 15 gm fast-acting carbohydrate.
2. Notify school nurse (if available).
3. Observe for 15 minutes.
4. Recheck blood glucose.
 - a. If less than 70, repeat 15 gm carbohydrate.
5. Notify parent if no improvement.
6. If recovered, and if meal/snack is not within an hour, give a carbohydrate snack.
7. Student should not exercise until blood glucose is >70.

CALL 911 if student becomes unconscious, has seizures or is unable to swallow.

- Turn student on side to ensure open airway
- Give glucagon as ordered. Keep student in recovery position on side.
- If on insulin pump, either place it in 'suspend' mode, or disconnect it at the pigtail or clip. If pump is removed, send it with EMS to the hospital.
- Notify school RN & parent/guardian.
- Wait 15 minutes; if no response, repeat glucagon.
- If responsive, offer juice. Wait 15 minutes and give carbohydrate snack.

70 – 90

1. If student's blood glucose result is **immediately following** or **prior to** exercise, give 15 gm carbohydrate snack
2. If meal or snack is within 60 minutes, no additional carbs are needed.
OR
3. If student is not going to eat within 1-2 hours, give small carbohydrate snack.

15 GM FAST-ACTING CARBOHYDRATE:

- ½ c. juice
- 3-4 glucose tablets
- Tube of glucose **gel**
- ½ c. regular (not diet) soda
- 6-7 small sugar candies (to chew)
- 1 c. skim or low-fat milk

91-125

126-300

ABOVE 300

Student may eat a snack before exercising or before recess.

No action needed.

STUDENT TREATED BY INJECTION

1. Use correction scale or formula at lunch or every 3 hours.
2. Notify school nurse (if avail.)
3. Check ketones if symptoms or if blood glucose >300 twice in a row:
 - a. If ketones are absent or small, encourage exercise and water
 - b. If ketones moderate or large:
 - No exercise; give water
 - Call parent
 - Give units of insulin per orders
4. **Provide free, unrestricted access to water and the restroom.**

Student's usual **HIGH blood glucose symptoms:**

Hyperglycemia

- Increased thirst, dry mouth
- Frequent or increased urination
- Change in appetite, nausea
- Blurry vision
- Fatigue
- Other

Emergency levels

- Extreme thirst
- Nausea, vomiting
- Severe abdominal pain
- Fruity breath
- Heavy breathing, shortness of breath
- Increasing sleepiness, lethargy

STUDENT TREATED BY PUMP

1. If 2-3 hours since last bolus, treat with correction bolus **via pump**.
 - Check for redness at site, tubing for kinks or air bubble, insulin supply
2. Re-check in 2-3 hrs. Notify school nurse, if available.
3. If blood glucose still ≥ 300 mg/dl and not explained, check ketones:
 - a. If ketones are absent or small, encourage exercise and water
 - b. If ketones moderate or large:
 - Give insulin correction dose per orders **via syringe**.
 - Call parent
 - No exercise; encourage water
4. Change infusion set or continue insulin injections every 2-3 hours via syringe.
5. **Provide free, unrestricted access to water and the restroom.**

CALL 911 if lethargic and/or has labored breathing, or vomits with large ketones. Make sure school nurse and parent are called.

EXERCISE AND SPORTS:

- ✓ Ensure that student has quick access to water for hydration, fast-acting carbohydrates, snacks, and monitoring equipment.
- ✓ Student should not exercise if blood glucose level is below 70 mg/dl or if they have moderate to large ketones.

*****Never send a child with suspected low blood glucose anywhere alone.*****