

HYPOGLYCAEMIA (Hypo)

LOW

Blood Glucose Level (BGL) < 4.0 mmol/L

**DO NOT LEAVE STUDENT ALONE
DO NOT DELAY TREATMENT**

Signs and symptoms

Note: Symptoms may not always be obvious.
Pale, headache, shaky, sweaty, dizzy, drowsy, changes in behaviour.

Student conscious
(Able to eat hypo food)

**Student unconscious/
drowsy**
(Risk of choking/unable to swallow)

Step 1: Give fast acting carbohydrate
(As supplied or listed on management plan)

First Aid DRSABCD
Stay with unconscious student

Step 2: Recheck BGL after 15 mins
If BGL < 4.0 repeat Step 1
If BGL ≥ 4.0 go to Step 3

**CALL AN
AMBULANCE
DIAL 000**

Step 3: Give sustaining carbohydrate
(As supplied or listed on management plan)

Contact parent/carer
When safe to do so

PARENT/CARER NAME _____

CONTACT No _____

OTHER CONTACT NAME & No _____

SCHOOL SETTING

Multiple daily injections

DIABETES ACTION PLAN 2018

Click to place photograph here

STUDENT'S NAME

SCHOOL

Use this plan in conjunction with Diabetes Management Plan

- Continuous Glucose Monitoring (CGM) Appendix
 Flash Glucose Monitoring Appendix

INSULIN

Insulin is given 4 or more times per day.

An injection will be needed before lunch.

- Able to inject insulin: independently
 with supervision
 with assistance

Injection will be given in: _____
(Room/location)

ROUTINE BGL CHECKING TIMES

- Anytime, anywhere in the school
- Before lunch
- Anytime hypo is suspected
- Before activity
- Before exams or tests (e.g. NAPLAN)

PHYSICAL ACTIVITY

- 1 serve sustaining carbohydrate food before every 30 mins of planned activity
- Vigorous activity should **not** be undertaken if BGL ≥ 15.0 and blood ketones are ≥ 1.0

HYPERGLYCAEMIA (Hyper)

HIGH

Blood Glucose Level (BGL) ≥ 15.0 mmol/L

HIGH BGLS ARE COMMON

Signs and Symptoms

Note: Symptoms may not always be obvious.
Some could be increased thirst, extra toilet visits, poor concentration, irritability, tiredness

Student well

Re-check BGL in 2 hours

Student unwell

Check blood ketones (if able) if ≥ 1.0 mmol/L

Encourage oral fluids, return to class

1-2 glasses water per hour; extra toilet visits may be required

**CONTACT PARENT/
CARER
TO COLLECT
STUDENT ASAP**

**In 2 hours, if BGL still ≥ 15.0
call parent/carer for advice**

DATE _____

TREATING MEDICAL TEAM _____

CONTACT No _____

