HYPOGLYCAEMIA
LOW
Blood Glucose Level < 4.0mmol/L

DO NOT LEAVE CHILD UNATTENDED
DO NOT DELAY TREATMENT

Signs and symptoms
Note: Symptoms may not always be obvious.
Pale, headache, shaky, sweaty, dizzy, drowsy, changes in behavior.

Child conscious
(Able to eat hypo food)

Child unconscious/
drowsy
(Risk of choking/unable to swallow)

Step 1: Give fast acting carb
(as supplied or listed on management plan)

First Aid DRSABCD
Stay with unconscious child

CALL AN AMBULANCE
DIAL 000

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

Step 3: Give sustaining carb
(as supplied or listed on management plan)

Contact parent/guardian
When safe to do so

SCHOOL SETTING
Twice daily injections
Use in conjunction with management plan

DIABETES SCHOOL ACTION PLAN 2017

HYPERGLYCAEMIA
HIGH
Blood Glucose Level >15.0mmol/L

HIGH BGLS ARE NOT UNCOMMON

Signs and Symptoms
Note: Symptoms may not always be obvious.
Some could be: increased thirst, increased urine production, poor concentration, irritability, lethargy.

Child well
Re-check BGL in 2 hours
Encourage oral fluids, return to class
1-2 glasses water per hour; extra toilet visits may be required.

Child unwell
E.g. vomiting
Check blood ketones if able

In 2 hours, if BGL still >15.0 call parent/guardian for advice

DATE _______________________
HOSPITAL _______________________
TREATING DNE _______________________
CONTACT No _______________________

CHILD’S NAME _______________________
SCHOOL _______________________

PHYSICAL ACTIVITY
• 1 serve sustaining carb before every 30 mins of activity or swimming
• Vigorous activity should not be undertaken if BGL >15.0 and blood ketones are >1.0

ROUTINE BGL CHECKING TIMES
• Anytime, anywhere in the school
• Prior to lunch
• Anytime hypo is suspected
• Prior to activity
• Prior to exams or tests (e.g. NAPLAN)

PARENT / GUARDIAN NAME _______________________
CONTACT No _______________________

Photo of child