

**LOW BLOOD SUGAR SYMPTOMS**

- Blurred vision
- Dizziness
- Fast heartbeat
- Fatigue
- Headache
- Hunger
- Irritability
- Personality change
- Sweating
- Trembling
- Weakness

Comments \_\_\_\_\_

**LOW BLOOD SUGAR TREATMENT (TEACHERS: Students with symptoms MUST be escorted to the Health Room)**

If student is experiencing symptoms, TEST BLOOD SUGAR.

For blood sugar < \_\_\_\_\_ give 15 gms fast acting carbohydrate \_\_\_\_\_

For blood sugar < \_\_\_\_\_ give 30 gms fast acting carbohydrate \_\_\_\_\_

If lunch or snack time – allow child to eat normal amounts of carbohydrate.

If not lunch or snack time – repeat blood sugar in 15 – 20 minutes. Repeat treatment as needed.

(Parent will provide appropriate drinks and/or food)

Retest blood sugar in \_\_\_\_\_ minutes. If under \_\_\_\_\_, repeat above treatment. If student is feeling better, he/she can:

**LOW BLOOD SUGAR TREATMENT FOR INSULIN PUMP THERAPY:** In addition to the interventions listed above, if student who is using an insulin pump becomes unconscious due to a severe low blood sugar, trained staff will disconnect tubing from insulin pump, call 911 and the child's parent.

For severe hypoglycemia with loss of consciousness or seizure, call 911, administer Glucagon 0.5mg (<44lbs.), 1mg (>44lbs.), then shut pump off and call parents.

Comments: \_\_\_\_\_

**HIGH BLOOD SUGAR SYMPTOMS (TEACHERS: Allow use of a water bottle in class and use of the restroom as needed.)**

- Blurred vision
- Drowsiness
- Extreme thirst
- Frequent urination
- Heavy, labored breathing
- Hunger
- Nausea/vomiting
- Stomachache

Comments: \_\_\_\_\_

Test blood sugar, if over \_\_\_\_\_ student should drink large amounts of water.

Test urine ketones if blood sugar is over \_\_\_\_\_, or if child is experiencing symptoms of high blood sugar.

**HIGH BLOOD SUGAR TREATMENT FOR INSULIN PUMP THERAPY:** In addition to the interventions listed above, if student is using an insulin pump and blood sugar is over 240 or \_\_\_\_\_ for two readings in a row, call parent/guardian.

Blood Glucose Target Range: \_\_\_\_\_

On Insulin Pump Therapy – High blood sugar before meals and 2 hours after:

- Assess for pump/tubing/site problems.
- Blood sugar is > \_\_\_\_\_ give extra insulin by using the S/S or ISF.
- Repeat blood sugar within \_\_\_\_\_ HOUR(s) if previous blood sugar > \_\_\_\_\_.
- If repeat blood sugar > \_\_\_\_\_ give insulin by syringe using the S/S or ISF.
- Contact parents/guardian and/or health care provider if blood sugar > \_\_\_\_\_ and vomiting, difficulty breathing or lethargy (or other ketoacidosis).
- Repeat blood sugar every \_\_\_\_\_ HOUR(s). Give insulin using the S/S or ISF until the blood sugar is < \_\_\_\_\_.

Insulin Sensitivity Factor (ISF) (correction factor)  1 unit of insulin will bring the blood sugar level down by _____ mg/dl.  See student's table or formula	Sliding Scale (S/S)	
	Blood Sugar	Insulin Dose
	mg/dl	unit
	mg/dl	unit
	mg/dl	unit

Comments: \_\_\_\_\_