

# DIABETES ACTION PLAN 2020 EARLY CHILDHOOD SETTING

## Multiple daily injections

Use this plan in conjunction with Diabetes Management Plan. This plan should be reviewed every year.

### LOW Hypoglycaemia (Hypo)

Blood glucose level (BGL) less than **4.0 mmol/L**

#### SIGNS AND SYMPTOMS

Pale, headache, shaky, sweaty, dizzy, changes in behaviour

Note: Symptoms may not always be obvious

### HIGH Hyperglycaemia (Hyper)

Blood Glucose Level (BGL) greater than or equal to  
**15.0 mmol/L**

SIGNS AND SYMPTOMS increased thirst, extra toilet visits, poor concentration, irritability, tiredness

Note: Symptoms may not always be obvious.

CHILD'S NAME \_\_\_\_\_

AGE \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

CENTRE NAME \_\_\_\_\_

Place  
photo of  
Child here

**DO NOT LEAVE CHILD ALONE  
DO NOT DELAY TREATMENT**

**Insulin may be required. Refer to  
Management Plan. Correction Factor**

#### MILD

Child conscious  
(Able to eat hypo food)

#### Step 1: Give fast acting Carbohydrate

e.g. \_\_\_\_\_  
\_\_\_\_\_

#### Step 2: Recheck BGL in 15 mins

If BGL less than 4.0 mmol/L  
Repeat Step 1  
If BGL greater than or equal  
to 4.0, go to **Step 3**

**Step 3: Give long acting  
carbohydrate**, if next meal  
/snack is more than 20 mins  
away.

#### SEVERE

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

- **First Aid DRSABCD**
- Stay with unconscious child
- Administer Glucagon if available

**CALL AN  
AMBULANCE  
DIAL 111**

Contact parent/carer when  
safe to do so.

Child well  
Re-check BGL in 2 hours

**Encourage oral fluids,  
return to activity**  
1-2 glasses of after per  
hour; extra toilet visits  
may be required.

In 2 hours, if BGL still  
greater than or equal to  
15.0 mmol/L

**CALL PARENT/CARER  
FOR ADVICE**

Child unwell  
e.g. vomiting  
Check blood ketones  
(if able)

If Ketones greater than  
or equal to 1.0 mmol/L

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

**IF UNABLE TO CONTACT  
PARENT/ CARER  
CALL AN  
AMBULANCE  
DIAL 111**

**INSULIN** injections are needed before main meals.  
**Refer to Management Plan for calculation of  
doses. Carb Ratio (lunch) 1: \_\_\_\_g**  
Person responsible for giving insulin: \_\_\_\_\_  
Injection will be given in \_\_\_\_\_ (ROOM)

#### THIS CHILD IS WEARING

- ☐ Continuous Glucose Monitoring (CGM)
- ☐ Flash Glucose Monitoring (FGM)

#### ROUTINE BGL CHECKING TIMES

- Anytime, anywhere in the Centre
- Before morning tea and before lunch
- Anytime hypo is suspected
- Before planned activity

#### PHYSICAL ACTIVITY

- Check BG before extra physical activity.
- Playtime does not usually require additional carb
- Give 1 serve long-acting carbohydrate food before every 30 mins of planned activity
- Vigorous activity should not be undertaken if BGL  $\geq 15.0$  and blood ketones are  $\geq 1.0$  and/or child is unwell. **Refer to Management plan**

PARENT/CARER NAME \_\_\_\_\_

CONTACT No \_\_\_\_\_

OTHER CONTACT NAME & No \_\_\_\_\_

DATE \_\_\_\_\_

TREATING MEDICAL TEAM \_\_\_\_\_

CONTACT No \_\_\_\_\_