## DIABETES ACTION PLAN 2020  SCHOOL SETTING

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

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

### MILD  Student conscious

(Unable 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 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  Student unconscious / drowsy

(Risk of choking/unable to swallow)

- First Aid DRSABCD
- Stay with unconscious Student
- Administer Glucagon if available

**CALL AN AMBULANCE DIAL 111**

### 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

### HIGH BGLS ARE COMMON

**Student well**
- Re-check BGL in 2 hours

**Student unwell**
- e.g. vomiting
- Check blood ketones (if able)

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

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

**In 2 hours, if BGL still greater than or equal to 15.0**

**CALL PARENT/ CARER FOR ADVICE**

**If Ketones greater than or equal to 1.0 mmol/L**

**CALL AN AMBULANCE DIAL 111**

This plan has been adapted from the original work of diabetes Victoria, Monash children’s Hospital and the Royal Children’s Hospital, Melbourne