

DIABETES ACTION PLAN 2020 EARLY CHILDHOOD EDUCATION SETTING

Twice 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**

HIGH BGLS ARE COMMON

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
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

**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 will be given before breakfast at home. *Insulin for glucose correction may be given at the Centre. - See Management Plan*
Please make sure ALL carbohydrate food is eaten at snack and lunch times

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

- 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
- Usually playtime doesn't require additional action, but check with parent/carer.

PARENT/CARER NAME _____

CONTACT No _____

OTHER CONTACT NAME & No _____

DATE _____

TREATING MEDICAL TEAM _____

CONTACT No _____