**DIABETES ACTION PLAN 2020  SCHOOLSETTING**

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
(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 3a:** If starting BGL between 3.0 - 4.0 mmol/L, *No* follow up long acting carbohydrate required. See Management Plan.

- **Step 3b:** If starting BGL less than 3.0 mmol/L, Give long acting carbohydrate and do not bolus for this.

**SEVERE**
Student drowsy / unconscious  
(Risk of choking / unable to swallow)

- **CALL AN AMBULANCE DIAL 111**

**HIGH  Hyperglycaemia (Hyper)**
Blood Glucose Level (BGL) greater than or equal to 15.0 mmol/L requires additional action

- **SIGNS AND SYMPTOMS**
  - Increased thirst, extra toilet visits, poor concentration, irritability, tiredness
  - Note: Symptoms may not always be obvious

**Check Blood ketones. Blood ketones greater than or equal to 0.6 mmol/L requires immediate treatment. Correction Factor 1:__ mmol/L**

- **Blood ketones less than 0.6**
  - First Aid DRSABCD
  - Stay with unconscious student
  - Administer Glucagon if available

- **CALL AN AMBULANCE DIAL 111**

- **Blood Ketones greater than or equal to 0.6**
  - POTENTIAL SITE FAILURE
    - Contact Parent/ Caregiver for further advice
    - Will need injected insulin and set change
    - This is the parent/caregiver responsibility or student (if they have the required insulin)

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

**IF UNWELL (E.G. VOMITING), CONTACT PARENT/CAREGIVER TO COLLECT STUDENT**

**INSULIN** The insulin pump continually delivers insulin. The pump will deliver insulin based on carbohydrate food amount and BGL entries. All BGLS must be entered into the pump.

- **Pump Button pushing:**
  - with assistance
  - with supervision
  - independently

- **THIS STUDENT IS WEARING**
  - Continuous Glucose Monitoring (CGM)
  - Flash Glucose Monitoring (FGM)

- **ROUTINE BGL CHECKING TIMES**
  - These are still required if student wearing CGM/FGM
    - Anytime, anywhere in the School
    - Before morning tea and before lunch
    - Anytime hypo is suspected
    - Before exams or tests

- **PHYSICAL EDUCATION / SPORT**
  - Check BGL before physical education/sport
  - 10-15g long-acting carbohydrate food before every 30 mins of planned activity
  - DO NOT BOLUS for this carbohydrate
  - Vigorous activity should not be undertaken if BGL ≥ 15.0 and blood ketones are ≥ 0.6 and/or student is unwell. Refer to Management plan

**CONTACT No________________________ DATE________________________**