

NIAGARA CATHOLIC DISTRICT SCHOOL BOARD

STUDENT DIABETES EMERGENCY ACTION PLAN: APPENDIX C

EMERGENCY PROCEDURES FOR LOW BLOOD SUGAR (HYPOGLYCEMIA)

Symptoms of low blood sugar (BG) may include any of the following:

- | | |
|--|---|
| <input type="checkbox"/> Shakiness, poor coordination | <input type="checkbox"/> Irritability, mood changes |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Cold, clammy, sweaty, or pale skin |
| <input type="checkbox"/> Blurred vision | <input type="checkbox"/> Weakness and fatigue |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Hunger |
| <input type="checkbox"/> Confusion / lack of concentration | <input type="checkbox"/> Other |

Symptoms of severe low BG:

- Unresponsive or unconscious
- Having a seizure
- Uncooperative; will not allow another to give fast-acting sugars by mouth

EMERGENCY ACTION PLAN

Stay with student at all times. Treat low blood sugar where they are.

1. Check blood sugar (BG) as per Management Plan; Students who are normally independent at checking BG may need help if their BG is low.

2. Treat by giving fast-acting sugars.

If BG is Under 4: **3. Repeat** BG check after 10-15 minutes.

4. Check-Treat-Repeat until BG is above 4.

If BG Above 4:

- If snack is more than an hour away, give snack.
- If snack is in less than an hour, take no action.

EMERGENCY ACTION PLAN

1. Place student in recovery position
2. Call 911
3. Call Parent/Guardian/Emergency Contact
4. Do not give food or drink to student
5. Stay with student until EMS arrives.
6. Provide EMS with student's medical information
7. Parent can administer glucagon

EMERGENCY PROCEDURES FOR HIGH BLOOD SUGAR (HYPERGLYCEMIA)

Symptoms of high blood sugar (BG) may include any of the following:

- | | |
|---|---|
| <input type="checkbox"/> Excessive thirst and/or hunger | <input type="checkbox"/> Frequent urination |
| <input type="checkbox"/> Blurred vision | <input type="checkbox"/> Warm, flushed skin |
| <input type="checkbox"/> Headache and/or abdominal pain | <input type="checkbox"/> Other |

Symptoms of severe high BG:

- Vomiting
- Rapid shallow breathing
- Fruity-smelling breath

EMERGENCY ACTION PLAN

1. Check blood sugar (BG); Students who are normally independent at checking BG may need help if their BG is low.

2. Treat by allowing student to drink as much water or sugar-free liquids as they like; Allow free access to washroom.

3. When symptoms of illness are present, or BG is above ## mmol/L, call parents immediately.

KETONES Student does not check for ketone at school. If BG is above ## mmol/L: Choose from drop-down:

| | Urine Stick | Blood Meter | Action |
|-----------------|-------------------|-----------------|---|
| If ketones are: | Negative to small | Less than 0.6 | Proceed to treat as hyperglycemic as above. |
| | Moderate to large | At or above 0.6 | Contact parents for further instructions. |