

# Diabetes Emergency Response Plan

Student Name \_\_\_\_\_  
School \_\_\_\_\_

Chart # \_\_\_\_\_  
Grade \_\_\_\_\_

## Mild Low Blood Sugar

Treat when blood sugar is below \_\_\_\_\_

**Symptoms:** (circle all that apply) hunger, irritability, shakiness, sleepiness, sweating, pallor, lack of cooperation, behavior changes

**Additional symptoms:** \_\_\_\_\_

**Treatment:** \*\* Never leave the student unattended. If treatment is to be provided in the Health Room, a responsible adult should accompany the student from the classroom to the Health Room.

- Test blood sugar. If test equipment unavailable, treat immediately for low blood sugar.
- If blood sugar is below \_\_\_\_\_, give ½ cup of juice, regular soda or 3-4 glucose tablets.
- Wait 10–15 minutes. Recheck blood sugar. If blood sugar below \_\_\_\_\_, repeat juice, soda or glucose tablets as above.
- If blood sugar above \_\_\_\_\_, give snack or lunch. Make sure student is stable before sending to lunch.
- Notify school nurse and parent.

**Comments:** \_\_\_\_\_

## Moderate Low Blood Sugar

**Symptoms:** (circle all that apply) symptoms of mild low blood sugar, plus may be disoriented, combative or incoherent

**Additional symptoms:** \_\_\_\_\_

**Treatment:** \*\*

If conscious but unable to effectively drink fluids:

- Give ½ to 1 tube of glucose gel, or ½ to 1 tube of cake decorating gel.
- Place between cheek and gum with head elevated. Massage outside of cheek to facilitate absorption through the membrane of the cheek. Encourage student to swallow.
- Recheck blood sugar in 10 minutes. If still below \_\_\_\_\_, re-treat as above.
- Give snack when alert and able to swallow without difficulty.
- Notify school nurse and parents.

**Comments:** \_\_\_\_\_

## Severe Low Blood Sugar

**Symptoms:** (circle all that apply) Seizures, loss of consciousness, inability/unwillingness to take gel or juice

**Additional Symptoms:** \_\_\_\_\_

**Treatment:**

- Stay with student.
- Position student on side.
- Give glucagon by injection; dose \_\_\_\_\_.
- Call 911.
- Notify school nurse and parents.

**Comments:** \_\_\_\_\_

## High Blood Sugar

Treat when blood sugar is above \_\_\_\_\_. Call parent/guardian when blood sugar is above \_\_\_\_\_.

**Symptoms:** (circle all that apply) extreme thirst, headache, abdominal pain, nausea, frequent urination

**Additional symptoms:** \_\_\_\_\_

**Treatment: \*\***

- Increase liquid (e.g. water) intake.
- Allow student to use restroom as often as necessary.
- Check urine for ketones \_\_\_\_\_ if sugar is greater than \_\_\_\_\_ or when ill. If urine ketones are present, call parent immediately!
- Do not allow exercise.
- Student or school nurse should administer insulin as ordered in IHP.
- If student exhibits nausea, vomiting, stomach ache or is lethargic, notify school nurse and parent immediately.

**Comments:** \_\_\_\_\_

**Signatures:**

Parent: \_\_\_\_\_ Date

Physician: \_\_\_\_\_ Date

Diabetes Educator: \_\_\_\_\_ Date

School Nurse: \_\_\_\_\_ Date