

Hypoglycemia Emergency Action Plan

(For Low Blood Glucose)

Client's Name: _____ D.O.B.: _____

Legal Guardian: _____ Phone Number: _____

Endocrinologist: _____ Phone Number: _____

PCP: _____ Phone Number: _____

The child should never be left alone, or sent anywhere alone, or with another child, when experiencing hypoglycemia.

| Causes of Hypoglycemia | Onset of Hypoglycemia |
|--|--|
| <ul style="list-style-type: none">• Too much insulin• Missing or delaying meals or snacks• Not eating enough food (carbohydrates)• Getting extra, intense, or unplanned physical activity• Being ill, particularly with gastrointestinal illness | <ul style="list-style-type: none">• Sudden – symptoms may progress rapidly |

| Hypoglycemia Symptoms | | |
|---|--|--|
| Circle client's usual symptoms | | |
| Mild to Moderate | | Severe |
| <ul style="list-style-type: none">• Shaky or jittery• Sweaty• Hungry• Pale• Headache• Blurry vision• Sleepy• Dizzy• Confused• Disoriented | | <ul style="list-style-type: none">• Inability to eat or drink• Unconscious• Unresponsive• Seizure activity or convulsions (jerking movements) |
| <ul style="list-style-type: none">• Uncoordinated• Irritable or nervous• Argumentative• Combative• Changed personality• Changed behavior• Inability to concentrate• Weak• Lethargic• Other _____ | | |

| Actions for Treating Hypoglycemia | |
|---|---|
| If possible, assist client to check blood glucose (sugar). | |
| Treat for hypoglycemia if blood glucose level is less than _____ mg/dL. | |
| WHEN IN DOUBT, ALWAYS TREAT FOR HYPOGLYCEMIA AS SPECIFIED BELOW. | |
| Treatment for Mild to Moderate Hypoglycemia | Treatment for Severe Hypoglycemia |
| <ul style="list-style-type: none">• Provide quick-acting glucose (sugar) product equal to _____ grams of carbohydrates. Examples of 15 grams of carbohydrates include: <ul style="list-style-type: none">• 3 or 4 glucose tablets• 1 tube of glucose gel• 4 ounces of fruit juice• 6 ounces of soda (1/2 can) <ul style="list-style-type: none">• Wait 10 to 15 minutes.• Recheck blood glucose level.• Repeat quick-acting glucose product if blood glucose Level is less than _____ mg/dL. | <ul style="list-style-type: none">• Position the client on his or her side.• Do NOT attempt to give anything by mouth• Administer glucagon: _____ mg at _____ site. (DCF Medication Certified Personnel are NOT allowed to administer glucagon injections) <ul style="list-style-type: none">• Have another person call 911 (Emergency Medical Services)• Notify client's health care provider |