



Health Services

## Diabetes Emergency Care Plan

Diabetes mellitus is a metabolic disorder characterized by hyperglycemia (high blood sugar). The treatment for diabetes is a combination of insulin therapy, exercise, and regulation of diet. The most urgent situation for which the school must be prepared is hypoglycemia (low blood sugar). **Hypoglycemia** is most likely to occur in a person taking insulin after physical education or before a meal.

<b>If You See This</b>	<b>Do This</b>
<p><b><u>Early signs of Hypoglycemia:</u></b> Hunger, paleness, sweating, “jitters”, headache, weak, cold, clammy, fatigue, or mood changes (*crabbiness), spacey and quiet.</p> <p><b>*CHECK BLOOD SUGAR UNLESS CHILD IS UNRESPONSIVE.</b></p> <p>* Diabetes Medical Management Plan (DMMP)</p>	<p><b>Stay with student, keep student calm/quiet</b></p> <p><b><u>Steps to take during an diabetic episode: For alert student</u></b></p> <ol style="list-style-type: none"> <li>1. Send for School Nurse or escort student to clinic.</li> <li>2. Have student test glucose or test glucose if trained.</li> <li>3. If below target glucose in <b>DMMP</b> (usually 80), give the student concentrated sugar immediately. Give 15 grams of fast-acting glucose like: glucose tablets, glucose gel, fruit juice or regular soda (4 ounces), sugar dissolved in a small amount of water.</li> <li>4. Retest in 10-15minutes. <b>Over target blood glucose</b> Stop treating, follow treatment with an extra snack per medical provider’s orders <b>Below target blood glucose</b> repeat step 3.</li> <li>5. If no improvement, Nurse /Administration will notify Parent/Guardian</li> </ol>
<p><b><u>Signs of Advanced Hypoglycemia:</u></b> Disorientation, dizziness, uncooperativeness (even combativeness), seizures, and unresponsive/unconsciousness.</p> <p><b>*If unresponsive/unconscious, or seizing</b> presume the student is having low blood glucose and <b>CALL 911</b> immediately.</p> <p><b><u>*Send for School Nurse</u></b></p> <p>*If student is unresponsive (breathing or pulse absent) initiate CPR.</p>	<p><b>Do This</b></p> <ol style="list-style-type: none"> <li>1. Turn student on their side and administer I.M. Glucagon, if prescribed and trained. Student should remain in this recovery position until fully awake. *If glucagon is administered student may vomit.</li> <li>2. Glucose gel tube can be administered inside cheek and massaged from outside while waiting or during administration of glucagon. Glucagon/Glucose gel could be used if student has documented low blood sugar and is vomiting or unable to swallow. *Be alert for choking</li> <li>3. When the student regains consciousness, feed them a high sugar liquid (sugar dissolve in water, honey and water, 4-6 ounces fruit juice, 6 ounces regular soda). Have student take small sips as they may be nauseated and vomit.</li> <li>4. Once a student can safely swallow clear liquids without vomiting provide a longer-acting source of sugar (carbohydrate with protein).</li> <li>5. Monitor student for another episode of hypoglycemia</li> <li>6. Nurse /Administration will notify Parent/Guardian</li> </ol>

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<b>If You See This</b>	<b>Do This</b>
<p><b>Signs of Hyperglycemia</b> Decreased alertness, deep, rapid breathing, dry skin and mouth, flushed face, frequent urination, fruity smelling breath, headache, muscle stiffness or aches, nausea/vomiting, stomach pain</p> <p>*Diabetic Ketoacidosis is a life-threatening condition that affects people with diabetes</p>	<p><b>Stay with student, keep student quiet</b></p> <ol style="list-style-type: none"> <li>1. Send for School Nurse and state student's name.</li> <li>2. Follow student's diabetic management plan</li> <li>3. Let student test for ketones</li> <li>4. Help interpret ketone results if indicated.</li> <li>5. Encourage water and moderate exercise. ONLY if ketones are negative.</li> <li>6. Call 911 if ketones are in large range with positive results, student is without insulin and Parent/Guardians are unable to reach</li> <li>7. Notify Administration</li> <li>8. Nurse /Administration will notify Parent/Guardian</li> </ol>

An **Emergency Care Plan (ECP)** is a plan that gives specific steps for school staff to take when a student has a medical emergency. The plan contains a short definition of the condition, signs and symptoms of the health condition that are emergent and a written step-by-step instruction that outlines what school staff should do for that emergency. Skyward provides information regarding the student's medical condition and parental/guardian's contact information. Health Conditions and ECPs are to remain confidential. Please keep in a secure location and not out in the open.

- We ask that teachers familiarize themselves with the ECPs that are applicable to students' health condition/s in their class. Ask privately:
  1. If the student uses emergency medication/s
  2. If the student keeps emergency medication/s with them
  3. If the student keeps emergency medication/s in the schools' clinic
- Fill out the Student Health Condition List. Print out as many as needed or one per class period.
- Leave the Student Health Condition List and ECPs pertinent to current health conditions in the substitute teacher folders in a secure location
- Ask the school nurse to meet in order to answer any questions on student's health condition or to provide training on emergency medication/s