Quick Reference Emergency Plan – Level III (UDCA)
for a Student with Diabetes
Hypoglycemia
(Low Blood Sugar)

Student’s Name: ________________________________________________________________
Grade/Teacher: ____________________________________ Date of Plan: __________________

Emergency Contact Information:
Mother/Guardian_______________________________________________________________
Home phone: __________________ Work phone: ______________Cell phone: ____________
Father/Guardian ________________________________________________________________
Home phone: __________________ Work phone: ______________Cell phone: ____________

Trained Diabetes personnel: _______________________________________________________

Scheduled classroom snack: _______________________________________________________

Is student self care? ______ Yes _______ No

Never send/leave a student with suspected low blood sugar anywhere alone

Causes of Hypoglycemia
• Too much insulin
• Missed food
• Delayed food
• Too much or too intense exercise
• Unscheduled exercise

Onset
• Sudden

Symptoms

Mild
• Hunger
• Shakiness
• Weakness
• Paleness
• Anxiety
• Dizziness
• Other: ____________

Moderate
• Headache
• Behavior change
• Poor coordination
• Able to swallow
• Other: ____________

Severe
• Loss of consciousness
• Seizure
• Other: ____________

Actions Needed: Check blood glucose, refer to Diabetes Management & Treatment Plan
WHEN IN DOUBT, ALWAYS TREAT FOR HYPOGLYCEMIA

Mild / Moderate
• Student may/may not treat self
• Provide quick sugar source:
  3-4 glucose tablets, or
  4 oz juice, or
  6 oz. regular (not diet) soda, or
  3 teaspoons of glucose gel
• Wait 10-15 minutes
• Recheck blood glucose
• Repeat quick sugar source if symptoms persist or blood glucose is less than ____________ (per Diabetes Management & Treatment Plan)
• Allow to eat meal or snack if available

Severe
• Call 911
• Position on side, if possible
• Rub small amount of gel on student’s gums
• Administer glucagon, as prescribed, per Diabetes Management & Treatment Plan
• Contact parent/guardian
• Contact school nurse
• Stay with student
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Trained Diabetes Personnel: _____________________________________________________

Scheduled classroom snack: _____________________________________________________

Is student self care? _______ Yes ________ No

Causes of Hyperglycemia
-Too much food
-Too little insulin
-Decreased activity
-Illness/Infection
-Stress

Onset
-Over time-several hours or days

Symptoms

Mild
- Thirst
- Frequent Urination
- Fatigue/sleepiness
- Increased hunger
- Blurred vision
- Stomach pains
- Flushing of skin
- Lack of concentration
- Other:

Moderate
- Mild symptoms plus:
- Dry mouth
- Nausea
- Stomach cramps
- Vomiting
- Sweet, fruity breath
- Other:

Severe
- Mild and Moderate symptoms plus:
- Labored breathing
- Very weak
- Confused
- Unconscious

Mild/Moderate
- Check blood glucose
- Check urine for ketones
- Refer to Diabetes Management & Treatment Plan
- If within 30 min prior to lunch, administer correction dose according to Diabetes Management & Treatment Plan
- Allow free use of the bathroom
- Encourage student to drink water or sugar-free drinks
- If the student is self-care, allow student to check blood sugar and administer insulin as necessary

Severe
- Call 911
- Don’t attempt to give anything by mouth
- If unconscious, position on side, if possible
- Check blood glucose
- Refer to Diabetes Management & Treatment Plan
- If within 30 min prior to lunch, administer correction dose according to Diabetes Management & Treatment Plan
- Call parent/guardian and school nurse
- Keep calm and reassure other people nearby
- Stay with student

circle student’s usual symptoms