Hypoglycaemia – “Hypo” (Low Blood Glucose Level - BGL)

**Treatment for hypoglycaemia:**
- Easily absorbed carbohydrate e.g. fruit juice.
- Followed by snack or meal e.g. apple/sandwich/glass of milk.
- Repeat treatment if necessary.
- A hypo kit should be close to the child at all times.

**Mild – moderate hypo**
- Recognise and adequately treat symptoms of hypoglycaemia immediately.
- Treat as hypoglycaemia when BGL is under 4 mmol/l.
- A blood glucose test may show a result less than 4mmol/l in the absence of hypo symptoms.

**Severe hypo**
- The child will need to sit quietly immediately following the hypo and may not be able to resume classwork straight away.
- Child should not be left alone.
- Child may not be able to concentrate on school work for several hours following the hypo.

- Recognise when child is unable to swallow and instigate first aid
  - Coma position
  - Keep airway clear
  - Stay with child
  - Call ambulance
  - Call parent
Physical activity
- Be aware that physical activity lowers the BGL.
- Be aware that prior to and possibly during physical activity the child should have a “top up” snack.
- Parents should provide extra hypo kits and snacks for physical activity, excursions, camps, etc.
- If a child is using an insulin pump they may need to detach the actual pump for contact sports and swimming and re-attach following the activity.

Meals:
- Child should eat carbohydrate food regularly every 2-3 hours.
- Child should eat all snacks/meals provided.
- Child should not exchange meals with another child.

High BGL's
- If BGL is above 16mmol/L:
  - encourage child to drink water.
  - allow extra toilet breaks.
  - check BGL in 2 hours. If still elevated, contact parent.
  - if child is vomiting, contact parents. If parents are unavailable, contact ambulance and state ‘diabetes emergency’.

Sharps disposal
- Care should be taken to place sharps in an appropriate container either provided by the school or by the student with their diabetes equipment.

Current situation: Blood glucose testing
- It is best for the child to test their BGL in class because:
  -- hypos commonly occur during class time.
  -- the child will miss classwork if sent to the office.
  -- it removes the mystique for the other children and gets them used to the child’s diabetes management. This may reduce teasing and bullying.
- Number per day (one to two – discuss with parent. NB not all children require blood glucose testing while at school).
- Time(s): ____________________________
- Place: ______________________________

Insulin injections or insulin pump
- Negotiation between parent/carer and school staff in regards to insulin injections/pumps is essential for good diabetes management at school. Young children (primary school age) require more supervision than adolescents. Schools have a duty of care to provide this supervision.
- The insulin pump is worn at all times, but can be detached when needed e.g. during sport or swimming.
- Method:
  - pen
  - syringe/needle
  - insulin pump
- Time(s): ____________________________
- Place: ______________________________

Infection control
- Teacher and/or teachers aides must wear gloves when performing blood glucose monitoring.

Emergency phone number 000

In NSW, Diabetes Australia
Diabetes Kids and Teens Careline
1300 136 588

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medical alert information card

DIABETES

Year: ____________________

Student's Name: ____________________________________________

Age: ________________________________________________________

Grade: _______________________________________________________

Class Teacher: _______________________________________________

Parent's/Guardian's Name: ____________________________________

Phone Number: (work) ____________________ (home) _____________

Alternative Contact Name: ____________________________________

Phone Number: (work) ____________________ (home) _____________

Relationship to Student: ______________________________________

Doctor's Name: ______________________________________________

Phone Number: (surgery) ____________________ (hospital) ________

Place photograph here

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