

# HYPOGLYCAEMIA (Hypo)

**LOW**

Blood Glucose Level (BGL) < 4.0 mmol/L

**DO NOT LEAVE CHILD ALONE  
DO NOT DELAY TREATMENT**

## Signs and symptoms

Note: Symptoms may not always be obvious.  
Pale, headache, shaky, sweaty, dizzy, drowsy, changes in behaviour.

### Child conscious

(Able to eat hypo food)

### Child unconscious/ drowsy

(Risk of choking/unable to swallow)

### Step 1: Give fast acting carbohydrate

(as supplied or listed on management plan)

### First Aid DRABC

Stay with unconscious child

### Step 2: Recheck BGL after 15 mins

If BGL < 4.0 repeat Step 1  
If BGL ≥ 4.0 go to Step 3

**CALL AN  
AMBULANCE  
DIAL 000**

### Step 3: Give sustaining carbohydrate

(as supplied or listed on management plan)

### Contact parent/carer

When safe to do so

PARENT / CARER NAME \_\_\_\_\_

CONTACT No \_\_\_\_\_

OTHER CONTACT NAME & No. \_\_\_\_\_

## EARLY CHILDHOOD EDUCATION AND CARE SETTING

Twice daily injections

# DIABETES ACTION PLAN 2018

CHILD'S NAME

\_\_\_\_\_  
\_\_\_\_\_

CENTRE

\_\_\_\_\_  
\_\_\_\_\_

Use this plan in conjunction with Diabetes Management Plan

Continuous Glucose Monitoring (CGM) Appendix

Flash Glucose Monitoring Appendix

## INSULIN

Insulin will be given at home in the morning before arriving at the centre.

Please make sure ALL carbohydrate food is eaten at snack and lunch times

## ROUTINE BGL CHECKING TIMES

- Anytime, anywhere in the centre
- Before lunch
- Anytime hypo is suspected
- Before planned activity

## PHYSICAL ACTIVITY

- 1 serve sustaining carbohydrate food before every 30 mins of planned activity
- Vigorous activity should **not** be undertaken if BGL ≥ 15.0 and blood ketones are ≥ 1.0
- Usually playtime doesn't require additional action, but check with parent/carer about this

# HYPERGLYCAEMIA (Hyper)

**HIGH**

Blood Glucose Level (BGL) ≥ 15.0 mmol/L

**HIGH BGLS ARE COMMON**

## Signs and Symptoms

Note: Symptoms may not always be obvious.  
Some could be: increased thirst, extra toilet visits, poor concentration, irritability, tiredness

### Child well

Re-check BGL in 2 hours

### Child unwell

E.g. vomiting  
Check blood ketones (if able)  
If ≥ 1.0 mmol/L

### Encourage oral fluids, return to activity

1-2 glasses water per hour; extra toilet visits may be required

**CONTACT PARENT/  
CARER  
TO COLLECT  
CHILD ASAP**

**In 2 hours, if BGL still  
≥ 15.0  
call parent/carer for  
advice**

DATE \_\_\_\_\_

TREATING MEDICAL TEAM \_\_\_\_\_

CONTACT No \_\_\_\_\_

