

# Type 1 Diabetes Concise Action Plan 2019 Insulin Injection




Name: .....  
 Date of Birth: ..... / ..... / .....  
 Class: .....

### Contacts

.....  
 Ph: ..... Ph: .....  
 Doctor: .....  
 Phone: .....  
 I hereby authorise medications and treatments specified on this plan to be administered according to the plan.  
 Signature: .....  
 Date: ..... / ..... / .....  
 Diabetes Educator:.....  
 Phone: .....

## Blood Glucose Levels

These levels are recommended by the International Society for Pediatric and Adolescent Diabetes (ISPAD) 2018 Clinical Consensus Guidelines



**4-8 mmol/l = TARGET RANGE**  
 Perfect for optimal school performance with learning and memory



**Under 4 mmol/l = LOW** **URGENT!**  
 Follow **HYP** management procedure  
 ISPAD "Hypo" definition = under 3.6 mmol/l. Treat under 4 mmol/l because of potential to fall further.



**Over 10 mmol/l = HIGH**  
 Follow **HYPER** management procedure

## Low Glucose (Hypo) Management (Blood glucose under 4 mmol/l or symptomatic)

**NEEDS IMMEDIATE ACTION, MUST BE ATTENDED BY AN ADULT UNTIL RECOVERY.**

- **Symptoms** - drowsy, sweaty, shaky, irritable, headache, poor concentration.
- **Treatment**
  1. If blood glucose is **3 to 4 mmol/l**, give rapidly acting carbohydrate (ISPAD recommended amount 0.15g/kg). Juice .....ml (preferred) or ..... X .....
  2. If blood glucose is **under 3 mmol/l**, give rapidly acting carbohydrate (ISPAD recommended amount 0.3g/kg). Juice .....ml (preferred) or ..... X .....
  3. DO NOT OVERTREAT and DO NOT GIVE INSULIN BOLUS.
  4. Re-test blood glucose in 15 minutes (juice or glucose) or 20 minutes (sugar/sucrose).
  5. If blood glucose is still under 4 mmol/l repeat above treatment.

## Severe Low Glucose (Hypo) (Child unconscious or fitting)

*While coma and convulsion is uncommon it can occur if hypoglycemia is prolonged and severe (blood glucose less than 2 mmol/l for at least 30 minutes) and not treated promptly.*

1. Place child on their side in coma position
2. Follow Airway Breathing Circulation First Aid Rules
3. Administer Glucagon if prescribed
4. Call ambulance 000
5. Notify parents. If unable to contact parents, notify diabetes team member

## High Glucose (Hyper) Management (Blood glucose over 10 mmol/l)

- **Major causes - lack of insulin, omitting or insufficient insulin with meal or too high Glycaemic Index (too sugary) food/drink.**
- If the child is unwell, nauseated and/or vomiting, notify parents IMMEDIATELY. If unable to contact them, notify the diabetes team immediately.
- If the child appears well
  1. Take recent history of food intake or insulin usage.
  2. Continue with classroom activities – DO NOT SEND HOME OR TO SICK BAY.
  3. MUST test blood glucose again in 2 hours. If still over 10mmol/l refer to student's individual Diabetes Management Plan for parental and medical instructions.