

Type 1 Diabetes Concise Action Plan 2020 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 based on the International Society for Pediatric and Adolescent Diabetes (ISPAD) 2018 Clinical Consensus Guidelines and revised by APS consensus 2019



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



Under 4 mmol/l = LOW
 Follow **HYPO** management procedure

URGENT!

ISPAD "Hypo" definition = under 3.6 mmol/l. Treat under 4 mmol/l because of potential to fall further.



Over 8 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.

6. Place child on their side in coma position
 7. Follow Airway Breathing Circulation First Aid Rules
 8. Administer Glucagon if prescribed
 9. Call ambulance 000
 10. Notify parents. If unable to contact parents, notify diabetes team member
- Do NOT attempt to insert anything into the mouth, cheeks or gums

High Glucose (Hyper) Management (Blood glucose over 8 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 8mmol/l refer to student's individual Diabetes Management Plan for parental and medical instructions.