

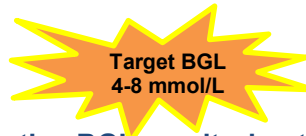


# Diabetes School Action Plan

Student Name:



Attach photo here



Routine BGL monitoring times

Anytime a hypo is suspected

Prior to exercise Yes/ No

Insulin Pump Yes/No

Insulin Self Inject Yes/No

Injection required during school hours Yes/No

Please circle appropriate response →

Physical Activity

- Extra carbohydrate for every 30-40 mins activity.
- Vigorous activity should not be undertaken if BGL > 15 & Blood Ketones > 0.6

Emergency Contact:

Phone:

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Phone:

## HYPOGLYCAEMIA

Blood Glucose Level <4.0mmol/L  
**LOW**

### Causes

Delayed/Missed meals, too much insulin, not enough food, exercise.

### Signs and Symptoms

Paleness, headache, tingling limbs, dizziness, drowsiness, changes in behaviour

**DO NOT leave child UNATTENDED  
DO NOT delay TREATMENT**

**Child Conscious**  
(Able to eat hypo food)

**Child Unconscious**  
Risk of Choking/  
unable to swallow

**Give Sugar Serve**  
5 Jelly Beans or 125ml lemonade, 2 jelly snakes or 1 tblsp honey

**First Aid DRABC**  
Stay with unconscious child

**Give Sustaining Carbohydrate**  
Muesli bar, 1 cup milk, 6 dry biscuits, apple

**Call an Ambulance**  
Dial 000

**Recheck BGL after 20 mins**  
If BGL <4.0mmol/L

**Contact parents**  
When safe to do so

## HYPERGLYCAEMIA

Blood Glucose Levels >15 mmol/L  
**HIGH**

### Causes

Not enough insulin, forgotten insulin, concurrent illness, overeating or eating sugary foods.

### Signs and Symptoms

Increased thirst, increased urine production, poor concentration, irritable, lethargic, abdominal pain, vomiting

**Temporary or Persistent Hyperglycaemia**

**Student well**  
Check blood Ketones >0.6 call parent/guardian

**Student unwell**  
Eg. Vomiting

**Additional toilet privileges**  
May be required

**Contact parents**  
to collect child

**Encourage oral fluids**  
1-2 glasses water per hour

**Check blood ketones**  
>0.6 contact parent/guardian

**Emergency Kit Supplied (Located in the Health Office – Sick Bay)**

**YES/NO**