OFFICE OF CATHOLIC SCHOOLS DIOCESE OF ARLINGTON QUICK REFERENCE EMERGENCY PLAN

Part A of Diabetes Medical Management Plan HYPOGLYCEMIA

(Low Blood Sugar)

Student Name	See reverse for Part B and signatures School		Teacher/g	Teacher/grade	
Mother/Guardian		Father/Guardian			
Home phone Work	x phone Cell		Home phone	Work phone	Cell
Trained Diabetes Personnel NEVER SENI	O A CHILD WITH SUSP	PECTED LOW	Contact Number	er(s) R ANYWHERE ALONE.	
	Causes of Hypoglycemia	o -	Onset • Sudden		
		Symptoms			
• Hunger • Shakiness • Weakness • Paleness • Anxiety • Irritability • Dizziness Circle student's usual symptoms.	oncentrate change • Poor coordinati	• Weakness • Slurred Sp • Confusion • Other Tent's usual symptom. Actions needed Personnel. If possil	s. ble check blood su		
Mild • Student may/may not treat self. • Provide quick-sugar source. 3-4 glucose tablets or 4 oz. juice or 6 oz. regular soda	• Give st per MI	Moderate ne assists. udent quick-sugar so LD guidelines. 0 to 15 minutes. ek blood glucose.	urce	Severe • Don't attempt to give anything by mouth. • Position on side, if possible. • Contact school nurse or trained diabetes personnel.	
or 3 teaspoons of glucose g • Wait 10 to 15 minutes. • Recheck blood glucose. • Repeat food if symptoms persist or blood glucose is less than —— • Follow with a snack of carbohydrate and protein (e.g., cheese and crackers).	• Repeat or bloc ——• • Follow carboh	food if symptoms pe od glucose is less that with a snack of ydrate and protein (e and crackers).	1	 Administer glucagon, as prescribed. Call 911. Contact parents/guardian. Stay with student. 	

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Part B of Diabetes Medical Management Plan HYPERGLYCEMIA

(High Blood Sugar)

Student Name			School		Teacher/grade
		insulin d activity	• Over hours of	Onset time—several or days	
• Thirst • Frequent urination • Fatigue/sleepiness • Increased hunger • Blurred vision • Weight loss • Stomach pains • Flushing of skin • Lack of concentra • Sweet, fruity bread • Other:	tion th	• Mild sympton • Dry mouth • Nausea • Stomach cram • Vomiting • Other: Circle student's us	nps	Seve Mild and modera symptoms plus: Labored breathin Very weak Confused Unconscious Circle student's usual	ag g
This quick reference e	Contact the sch administer insuli If student is nat or call for i	of the bathroom. ent to drink water or ool nurse or trained on, per student's Diab useous, vomiting, or leading assistance if	liabetes personnel to etes Medical Manage lethargic, call the parent cannot be reached.	ement Plan he parents/guardian	d is authorized by;
Licensed Health Care Provider			Telephone	Date	
Parent		Telephone	Date		