

INDIVIDUAL EMERGENCY ACTION PLAN

TYPE 1 DIABETES: HYPOGLYCEMIA



Student:	DOB:	Date of Plan:
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This student is a self-manager This student requires assistance with hypoglycemic events:

THIS STUDENT'S TARGET RANGE IS: _____

HYPOGLYCEMIA (Low blood sugar, <80 mg/dl) :

If symptoms low blood glucose are observed or the student reports low blood glucose symptoms:

- Mood changes, irritability
- Confusion
- Headache
- Unusual paleness
- Shakiness
- Dizziness
- Fatigue
- Blurred vision
- Speech difficulty
- Falling asleep
- Nausea, vomiting, stomachache
- Numbness or tingling
- Moist/clammy skin

1. Immediately call for delegated caregivers or designated emergency response team :
 - a.
 - b.
 - c.
 - d.
2. Permit student to self-treat with glucose on hand
3. Do not leave student unattended while awaiting delegated caregivers

FOR SYMPTOMS OF SEVERE HYPOGLYCEMIA:

- LOSS OF CONSCIOUSNESS
- SEIZURE
- INABILITY TO SPEAK OR SWALLOW
 1. CALL IMMEDIATELY FOR
 - a. DELEGATED CARE GIVERS OR GLUCAGON/CPR TRAINED STAFF
 - b. EMS (9-1-1)
 - c. Nurse
 - d. Parents
 2. DISCONNECT INSULIN PUMP, IF APPLICABLE
 3. ROLL STUDENT TO SIDE TO PREVENT ASPIRATION
 4. ASSESS AIRWAY
 5. ADMINISTER CPR AS NEEDED FOR ABSENT BREATHING

Delegated Caregivers

- Refer to Procedure for Responding to High or Low Blood Sugar with Meter
- Refer to Procedure for Responding to High or Low Blood Sugar without Meter
- Refer to Procedure for Glucagon Administration
- Refer to Procedure for Severe Hypoglycemia with No Glucagon

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Personal Safety Measures:

- Student carries glucose on his/her person
 - Student has continuous glucose monitoring device
 - Student has emergency glucagon on site
 - Student has friends who are aware of his/her diagnosis and potential for low blood sugar
 - Student has other forms of support: _____
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School Safety Measures:

- Student's teachers' are aware of student's diagnosis and potential for low blood sugar
 - School has _____ trained staff to recognize symptoms compatible with hypoglycemia and administer emergency glucagon.
 - School _____ delegated caregivers for this student's mild-moderate hypoglycemic events.
 - Student's diabetic supplies are mobile in the event of an evacuation.
 - Student's diabetic supplies are located: _____
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DISASTER PLANNING:

There should be a minimum of 72 hours of food, glucose and insulin on site in the event of an unanticipated disaster.

EMERGENCY CONTACTS

District RN: _____
District RN Contact _____
Medical Provider: _____
Medical Provider Contact _____
Parents: _____
Parents Contact: _____
EMS (9-1-1)

For your reference:

Insulin pump



Continuous Glucose Monitor



Blood Glucose Monitor



Pictures: informationaboutdiabetes.org