



**FOR DELEGATED CAREGIVERS**

Student:	DOB:
Procedure Written on:	
By:	By:
Reviewed on:	Reviewed on:
By:	By:
Reviewed on:	Reviewed on:
By:	By:

**PROCEDURE FOR HIGH (HYPERGLYCEMIC) OR LOW (HYPOGLYCEMIC) BLOOD GLUCOSE EPISODES WITHOUT BLOOD GLUCOSE METER**

TARGET RANGE:	
LOW:	HIGH

**HYPOGLYCEMIC (LOW BLOOD SUGAR) EVENT**

Signs and Symptoms of Low Blood Sugar include:

- Mood changes, irritability, crying
- Confusion
- Headache
- Unusual paleness
- Shakiness, moist and clammy skin
- Nausea, vomiting, stomachache
- Dizziness
- Fatigue
- Blurred vision
- Speech difficulty
- Numbness or tingling
- Falling asleep in class

IF UNABLE TO ASSESS STUDENTS BLOOD GLUCOSE WITH A METER, BUT SYMPTOMS ARE COMPATIBLE WITH LOW BLOOD SUGAR:

1. Give ONE fast acting carbohydrate (“pure” sugar from the list below)
  - 3-4 glucose tablets
  - 4 oz. of juice
  - 6 oz. of regular soda (not sugar-free/diet)
  - 3 teaspoons of glucose gel
  - 5 Lifesavers or 2-3 pieces of other hard candy

- 1 tablespoon of sugar dissolved in water
  - 5 sugar cubes or 3 packets of sugar
  - 15 Skittles
2. Have the student rest for 15 minutes. Keep the student under direct supervision and continue to monitor for worsening symptoms or loss of consciousness/seizure.
  3. After 15 minutes,
    - If symptoms gone, student may resume normal activities. Proceed to steps 5, 6, and 7.
    - If symptoms continue, repeat steps 1 and 2. If necessary follow step 4.
  4. If symptoms continue for more than 2 feeding treatments, call parent to pick up student.
    - Continue to monitor student. If parent is not on site in 30 minutes, call EMS/9-1-1 and give fast acting carbohydrate foods/liquids.
    - If student worsens and becomes unresponsive, unable/unwilling to swallow, unconscious, or has seizure.
      - Turn student on side and do not give food or fluids.
      - Call EMS/9-1-1.
      - Continuously monitor for absent breathing/pulse.
      - Notify emergency glucagon providers in your building:

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    - Notify parent and school nurse.
  5. If regular snack/lunch/meal is due in 60 minutes or more, have student eat a snack that consists of carbohydrate and protein (see list below for suggestions). Student may return to class.
    - 3 graham cracker squares with peanut butter
    - 6 peanut butter or cheese crackers
    - ½ meat or peanut butter sandwich
    - 1 cup of milk with 2 graham cracker squares
    - ¼ cup of trail mix
  6. For low blood sugar symptoms occurring 30 minutes or less before dismissal, advise parent. Student should be picked up by an adult if all symptoms are not gone.
  7. Record incident on delegated health care log. Notify school nurse of low blood sugar and all actions taken.
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### HIGH BLOOD SUGAR REACTION

#### Signs and Symptoms:

- Excessive thirst, dry mouth
- Frequent urination
- Hunger
- Nausea
- Vomiting
- Hyperactivity

#### Treatment:

1. Allow free use of the bathroom.
2. Encourage student to drink water or sugar-free fluids.
3. Notify parent of student's signs and symptoms.
4. If student is too ill to stay in school (e.g., lethargic, vomiting, abdominal pain) advise parent to immediately pick up student. If parent is not on site within 30 minutes, call EMS/9-1-1.
5. Record all actions in the delegated health care log. Notify school nurse of high blood sugar and actions taken.

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#### References

- London, M., Ladewig, P., Ball, J., & Binder, R. (2007). *Maternal & child nursing care* (2<sup>nd</sup> ed.) Upper Saddle River, NJ: Prentice Hall.
- Multnomah Education Service District. (2006). Diabetic reaction, high/low blood sugar procedure for responding to with meter testing.
- Multnomah Education Service District. (2006). Diabetic reaction, high/low blood sugar procedure for responding to without meter testing.
- U.S. Department of Health and Human Services. (2003). Helping the student with diabetes succeed: A guide for school personnel.