



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 (HYPOGLYEMIC) BLOOD
GLUCOSE EPISODES WITH 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

1. If student presents with these symptoms, student should be escorted by a staff member to the office.
2. Check student's blood glucose level. If student is below target range: _____ follow **Physician's Orders for Diabetic Treatment/School Diabetic Orders**
3. If student worsens (becomes unresponsive, is unable/unwilling to swallow, unconscious, has seizure), then turn student on side. Do not give food or fluids. Contact EMS/9-1-1 and monitor for absent breathing and pulse.

- Give glucagon (defer to *Glucagon Procedure*)
- Student does not have glucagon at school

- Record all results on delegated health care log. Notify school nurse of low blood sugar and all actions taken.

HYPERGLYCEMIA (HIGH BLOOD SUGAR)

Signs and Symptoms:

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

- If student presents with these symptoms, assist student in checking blood glucose level.
- Encourage student to drink water or sugar-free fluids.
- For blood sugar reading _____ or higher, check urine ketones.
 - Student checks ketones independently.
 - Student needs help with ketone testing (Refer to *Ketone Testing Procedure*).
- If ketones are present in urine: follow **Physician's Orders for Diabetic Treatment/School Diabetic Orders**.
- If unable to check ketones, and blood sugar is above _____ then restrict activity and notify parent.
- 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.
- If student has an insulin pump, troubleshoot pump, per *Individual Insulin Pump Procedure*.
- Record all actions in the delegated health care log. Notify school nurse of high blood sugar and actions taken.

References

- London, M., Ladewig, P., Ball, J., & Binder, R. (2007). *Maternal & child nursing care* (2nd 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.
- U.S. Department of Health and Human Services. (2003). Helping the student with diabetes succeed: A guide for school personnel.