Hyperglycemia Emergency Care Plan (For High Blood Glucose)

Student’s Name: ________________________________________________________________

Grade/Teacher: __________________________________________________________________________

Date of Plan: __________________________________________________________________________

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Emergency contact information

Parent 1/Guardian: __________________________________________________________________________

Email Address: ___________________________________________ Home Phone: ____________________________

Work Phone: ____________________________________________ Mobile: ____________________________

Parent 2/Guardian: __________________________________________________________________________

Email Address: ___________________________________________ Home Phone: ____________________________

Work Phone: ____________________________________________ Mobile: ____________________________

Health Care Provider: ____________________________________________________________

Phone Number: ____________________________

School Nurse: ____________________________________________________________

Contact Number(s): ____________________________

Trained Diabetes Personnel: __________________________________________________________

Contact Number(s): ____________________________

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<table>
<thead>
<tr>
<th>Causes of Hyperglycemia</th>
<th>Onset of Hyperglycemia</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Too little insulin or other blood glucose-lowering medications</td>
<td>• Over several hours or days</td>
</tr>
<tr>
<td>• Insulin pump or infusion set malfunction</td>
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</tr>
<tr>
<td>• Food intake that has not been covered adequately by insulin</td>
<td></td>
</tr>
<tr>
<td>• Decreased physical activity</td>
<td></td>
</tr>
<tr>
<td>• Illness</td>
<td></td>
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<tr>
<td>• Infection</td>
<td></td>
</tr>
<tr>
<td>• Injury</td>
<td></td>
</tr>
<tr>
<td>• Severe physical or emotional stress</td>
<td></td>
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</tbody>
</table>
Hyperglycemia Symptoms

- Increased thirst and/or dry mouth
- Frequent or increased urination
- Change in appetite and nausea
- Blurry vision
- Fatigue
- Other: __________

Hyperglycemia Emergency Symptoms

- Dry mouth, extreme thirst, and dehydration
- Nausea and vomiting
- Severe abdominal pain
- Fruity breath
- Heavy breathing or shortness of breath
- Chest pain
- Increasing sleepiness or lethargy
- Depressed level of consciousness

Actions for Treating Hyperglycemia

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<th>Hyperglycemia Symptoms</th>
<th>Hyperglycemia Emergency Symptoms</th>
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<td>Circle student’s usual signs and symptoms.</td>
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### Hyperglycemia Symptoms

- Circle student’s usual signs and symptoms.

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### Hyperglycemia Emergency Symptoms

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### Actions for Treating Hyperglycemia

- Notify school nurse or trained diabetes personnel as soon as you observe symptoms.

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<tr>
<th>Treatment for Hyperglycemia</th>
<th>Treatment for Hyperglycemia Emergency</th>
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<td>Check the blood glucose level.</td>
<td>Call parents/guardians, student’s health care provider, and 911 (Emergency Medical Services) right away.</td>
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<tr>
<td>Check urine or blood for ketones if blood glucose levels are greater than ______ mg/dL.</td>
<td>Stay with student until Emergency Medical Services arrive.</td>
</tr>
<tr>
<td>Calculate the Insulin Correction Dose needed as specified in the DMMP.</td>
<td></td>
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<tr>
<td>Administer supplemental insulin dose: ______. (If student uses a pump, see instructions below.)</td>
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<tr>
<td>Give extra water or non-sugar-containing drinks (not fruit juices): ______ ounces per hour.</td>
<td></td>
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<tr>
<td>Allow free and unrestricted access to the restroom.</td>
<td></td>
</tr>
<tr>
<td>Recheck blood glucose every 2 hours to determine if decreasing to target range of ______ mg/dL.</td>
<td></td>
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<tr>
<td>Restrict participation in physical activity if blood glucose is greater than ______ mg/dL and if ketones are moderate to large.</td>
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<td>Notify parents/guardians if blood glucose is greater than ______ mg/dL or if ketones are present.</td>
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### For Students Using an Insulin Pump

- If student uses a pump, check to see if the pump is connected properly and functioning by giving a correction bolus through the pump and checking the blood glucose 1 hour later.
- If moderate or large ketones are present, treat ketones with a subcutaneous injection of insulin, then change pump site or initiate pump back-up plan.
- For infusion site failure: insert new infusion set and/or replace reservoir or pod, or give insulin by syringe or pen.
- For suspected pump failure: suspend or remove pump and give insulin by syringe or pen.