

Procedure for Mild or Moderate Low Blood Glucose Hypoglycemia/Insulin Reaction

Student:	DOB:	School:	Grade:
Equipment and Supplies	1. Blood glucose meter kit 2. Fast acting carbohydrates, i.e.: apple/orange juice 3. Glucose tablets 4. Glucose gel such as Insta-Glucose, Monogel and Glucose 5. Carbohydrate/ protein snack, i.e.: prepackaged crackers/cheese or peanut butter, ½ sandwich, 2 graham crackers with ½ cup milk, Nite Bite, etc.		
Essential Steps		Key Points & Precautions	
1. Observe/Recognize signs/symptoms of low blood glucose; ask student to describe how he/she feels. (Student's known signs/symptoms are checked below).			
Mild Symptoms		Moderate Symptoms	Key Points & Precautions
<input type="checkbox"/> Headache <input type="checkbox"/> Moist skin, sweating <input type="checkbox"/> Shakiness <input type="checkbox"/> Pale skin <input type="checkbox"/> Sudden hunger	<input type="checkbox"/> Weakness, fatigue <input type="checkbox"/> Numbness of lips/tongue <input type="checkbox"/> Irritability <input type="checkbox"/> Blurred vision <input type="checkbox"/> Crying <input type="checkbox"/> Stomachache	<input type="checkbox"/> Droopy eyelids, sleepy <input type="checkbox"/> Erratic behavior <input type="checkbox"/> Slurred speech <input type="checkbox"/> Loss of coordination <input type="checkbox"/> Confusion	Unable to swallow – Combative Uncooperative – Unconscious Seizure. Proceed Immediately to Procedure for Severe Low Glucose.
2. Test blood (if testing equipment is available), record results, and if below 70, do as follows: <ol style="list-style-type: none"> a. Treat with one (1) of the following fast acting carbohydrates: <ul style="list-style-type: none"> • 4 oz. (1/2 cup) apple juice or orange juice (or regular soda pop). • 15 gm glucose tablets (chewed thoroughly before swallowing). • Glucose gel (i.e. 15 gm. tube Insta-Glucose, or 15 gm. Monogel or Glutose). • other _____ b. Observe for 10 minutes, then check for improvement: <ul style="list-style-type: none"> • Student states symptoms are gone and appears OK. -and/or- • Blood sugar over 79 per student retest. c. If no improvement, repeat Step 2, a and b (second attempt) <u>except</u> use the 15-30 gm. glucose tablets – or – glucose gel product, if available. -and- If still no improvement, repeat again (3rd attempt and if needed, 4th attempt). <ul style="list-style-type: none"> • If no improvement after <u>third</u> attempt, call parent and Resource Nurse. • If no improvement after <u>fourth</u> attempt, call parent and paramedics. d. When student is feeling better: <ul style="list-style-type: none"> • When ordered, provide extra carbohydrate and protein snack if one hour until lunch or snack time, or provide lunch or snack; whichever is due within the hour. • Resume classroom activities if fully recovered, or have health office call parent for assistance if not fully recovered. e. Document care on procedure log, and notify parent 		If moderate symptoms, provide immediate adult supervision. Treat “on the spot”; do not send elsewhere, and if none of the listed fast acting carbohydrates are available, use 2 tsp. of sugar or honey, or 4 oz. of milk or fruit punch, etc. If in classroom and retest is needed, request health office assistance. - and - If student becomes unable to participate in care, proceed immediately to Emergency Procedure for Severe Blood Glucose.	
3. If 71 or above and feeling low/not well, repeat test to verify results <ul style="list-style-type: none"> • If 80 or less and still feeling low or not well, treat for Mild or Moderate Low Blood Glucose (Step 2, a – e, above). • If 81 or above and still feeling low or not well, call parent. • If 240 or above, see Procedure for High Blood Glucose. 		Resource Nurse will advise regarding further care.	