

Antelope Valley Union High School District Emergency Health Plan – Diabetes

Diabetes is a chronic condition in which the body does not make or properly use insulin that is required to convert carbohydrates, like sugars and grains, into energy.

Nursing Diagnosis:

- Risk for fluctuating blood sugar level due to imbalance of glucose, insulin, nutrition, and exercise.

Health Goals:

- Blood glucose (sugar) maintenance, according to physician orders.
- Self-advocacy to obtain assistance and maintain independence.

Signs of illness	Interventions
Signs of low blood sugar <ul style="list-style-type: none"> • Shakiness, dizziness • Weakness, fatigue and sleepiness • Sweating and pale • Change in behavior, personality or concentration signifying a change in the level of alertness • Poor coordination • Slurred speech 	<ul style="list-style-type: none"> ❑ Remain calm and assist to drink juice, soda or take glucose tablets ❑ Do not wait to test blood glucose levels; go ahead with assisting the victim to drink a sugared fluid or to eat glucose tablets ❑ Do not stop the Insulin Pump; do not disconnect the tube or needle into the abdomen and do not turn it off. Once the victim is feeling better (about 15 minutes after drinking), check blood glucose levels and provide more sugared fluid and / or crackers if it is at or below 70
Signs of severely low blood sugar <ul style="list-style-type: none"> • Unable to swallow saliva or food • Excessive drooling • Combative behavior • Unable to accept assistance • Unconscious or unresponsive 	<ul style="list-style-type: none"> ❑ If unable to swallow, do not offer fluids ❑ Call 9-1-1 ❑ Give emergency glucagon injection if available and if you have been trained by the District Nurse ❑ If glucagon is not available, or you have not been trained, squeeze 15 grams (whole tube) of glucose gel between cheek and gum. ❑ Watch for victim to regain consciousness within 10–15 minutes, watching breathing; victim may vomit ❑ Contact parents and provide information to paramedics
Signs of extremely high blood sugar <ul style="list-style-type: none"> • Frequent thirst and urination • Blurred vision • Fatigue • Abdominal pain • Numbness in arms and legs 	<ul style="list-style-type: none"> ❑ If the blood sugar is 240 or more, offer water ONLY ❑ If the blood sugar is 300 or more, offer water ONLY, excuse from physical activity (because the blood sugar will rise and potentially cause a seizure), and provide for the victim to determine the amount of insulin needed by referring to the physician orders in the Health Office ❑ Contact parents and send the student home ❑ If victim has vomited, is very weak, or has a change in alertness, call 9-1-1

- ❑ Do **NOT** put fluids or food in the mouth, cheeks or gums if unable to swallow, drooling excessively or unconscious, **UNLESS** it is the tube of glucose gel into the cheek pocket

When to call 9-1-1?

- **If victim is unable or unwilling to accept assistance (irritable or combative)**
- **If victim has decreased alertness, increased confusion, or is unresponsive**
- **If victim is unable to swallow saliva or fluids, or is drooling**
- **If victim has seizure activity**
- **If victim has received the Glucagon injection, (or a tube of glucose gel if a glucagon injection was not available), even if he / she is alert now because the effects of glucagon or glucose gel lasts ONLY about 15 minutes; victim will need to be monitored for at least 24 hours due to the fluctuation of glucose levels, especially after a glucagon injection**