

# DIABETES ACTION PLAN 2021

## Multiple daily injections

EARLY CHILDHOOD CENTRE

Use in conjunction with Diabetes Management Plan.  
This plan should be reviewed every year.

### LOW Hypoglycaemia (Hypo)

Blood glucose level (BGL) less than 4.0 mmol/L

**SIGNS AND SYMPTOMS** Pale, headache, shaky, sweaty, dizzy, changes in behaviour

*Note: Symptoms may not always be obvious*

**DO NOT LEAVE CHILD ALONE  
DO NOT DELAY TREATMENT**

#### MILD

**Child conscious**  
(Able to eat hypo food)

**Step 1** Give fast acting Carbohydrate  
e.g. \_\_\_\_\_

**Step 2** Recheck BGL in 10-15 mins  
If BGL less than 4.0 mmol/L **Repeat Step 1**

If BGL greater than or equal to 4.0, go to **Step 3**

**Step 3**  
Give 10g long acting carbohydrate, if next meal/snack is more than 20 mins away.

#### SEVERE

**Child drowsy / unconscious**  
(Risk of choking / unable to swallow)

- First Aid DRSABCD
- Stay with unconscious child
- Administer Glucagon if available

**CALL AN AMBULANCE  
DIAL 111**

Contact parent/carer when safe to do so.

### HIGH Hyperglycaemia (Hyper)

Blood Glucose Level (BGL) greater than or equal to 15.0 mmol/L requires additional action

**SIGNS AND SYMPTOMS** increased thirst, extra toilet visits, poor concentration, irritability, tiredness

*Note: Symptoms may not always be obvious*

#### INSULIN MAY BE REQUIRED

*Refer to Management Plan.*  
Correction Factor 1: \_\_\_mmol/L

#### CHILD WELL

Recheck BGL in 2 hours

#### Encourage oral fluids, return to activity

- 1-2 glasses of water per hour; extra toilet visits may be required

In 2 hours, if BGL still greater than or equal to 15.0 mmol/L

**Contact Parent/Caregiver for further advice**

#### CHILD UNWELL

eg Vomiting  
Check blood ketones (if able)

If Ketones greater than or equal to 1.0 mmol/L

**CONTACT PARENT / CARER  
TO COLLECT CHILD ASAP**

If unable to contact parent/carer  
**CALL AN AMBULANCE  
DIAL 111**

Child's name:		Place photo of child here
Age:	DOB:	
Date:		

Centre name:

**INSULIN** injections are needed before main meals.  
*Refer to Management Plan for calculation of doses*

Carb Ratio (lunch)	Person responsible for giving insulin
<b>1: g</b>	
Injection will be given in (eg room)	

**This child is wearing** (cross out those not applicable)  
Continuous Glucose Monitoring (CGM)/Flash Glucose Monitoring (FGM)

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|--|---|
| <p><b>BGL CHECKING TIMES</b></p> <ul style="list-style-type: none"> <li>• Anytime, anywhere in the Centre</li> <li>• Before morning tea and before lunch</li> <li>• Anytime hypo is suspected</li> <li>• Before exams or tests</li> <li>• Before planned activity</li> </ul> | <p><b>PHYSICAL ACTIVITY</b></p> <ul style="list-style-type: none"> <li>• Check BG before extra physical activity</li> <li>• Playtime does not usually require additional carb</li> <li>• Give 10-15g carbs long-acting carbohydrate food before every 30 mins of planned activity</li> <li>• Vigorous activity should not be undertaken if BGL <math>\geq</math> 15.0 and blood ketones are <math>\geq</math> 1.0 and/or child is unwell.<br/><b>See Management plan</b></li> </ul> |
|--|---|

Parent/Carer's name:	Contact phone:
Other contact name:	Contact phone:
Treating medical team:	Contact phone: