

DIABETES ACTION PLAN

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.

Carb Ratio (morning tea)	Carb Ratio (lunch)	Person responsible for giving insulin
1: g	1: g	

If not carb counting give Set dose: _____ units with correction

This child is wearing (cross out those not applicable) Continuous Glucose Monitoring (CGM)/ Intermittent scanned Continuous Glucose Monitoring (ISCGM)

BGL CHECKING TIMES

- Anytime, anywhere in the Centre
- Before morning tea and before lunch
- Anytime hypo is suspected
- Before planned activity

PHYSICAL ACTIVITY

- Give 10-15g carbs long-acting carbohydrate food before every 30 mins of planned activity
- Vigorous activity should not be undertaken if BGL \geq 15.0 and blood ketones are \geq 1.0 and/or child is unwell
- Playtime does not usually require additional carb.

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