

DIABETES ACTION PLAN

Twice 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

HIGH BGLS ARE COMMON

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 injection will be given before breakfast at home. *Insulin for glucose correction may be given at the Centre. See Management Plan*

Please make sure ALL carbohydrate food is eaten at snack and lunch times

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

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: