

# DIABETES ACTION PLAN

## Twice daily injections

### SCHOOL SETTING

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 STUDENT ALONE**  
**DO NOT DELAY TREATMENT**

#### MILD

**Student 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

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

- First Aid DRSABCD
- Stay with unconscious student
- 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

#### STUDENT 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**

#### STUDENT UNWELL

eg Vomiting  
Check blood ketones (if able)

If Ketones greater than or equal to 1.0 mmol/L

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

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

Student's name:		Place photo of student here
Grade/Year:	DOB:	
Date:		

School's name:

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

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

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

#### BGL CHECKING TIMES

- Anytime, anywhere in the School
- Before morning tea and before lunch
- Anytime hypo is suspected
- Before exams or tests
- Before planned activity or physical education/sport

#### 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 student is unwell

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