

Utah Diabetes Emergency Action Plan

Utah Department of Health and Human Services and Utah State Board of Education

Student name:	Date of birth:	Grade:
Home room:	Students cell #	School year:

Target range for glucose: between mg/dL and mg/dL

Notify parent/guardian:

When glucose is below mg/dL (default 80) for more than minutes (default 30 min) or
When glucose is above mg/dL (default 300) for more than minutes (default 60 min)

Low glucose management (HYPOglycemia)

When glucose is below mg/dL (Default 80mg/dL)

Causes: Too much insulin, missing or delaying meals or snacks, not eating enough food, intense or unplanned physical activity, being ill

Onset: Sudden, symptoms may progress rapidly

If you see this:	Do this:
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Mild/moderate symptoms:

- | | |
|--|---|
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Paleness |
| <input type="checkbox"/> Behavior change | <input type="checkbox"/> Shakiness |
| <input type="checkbox"/> Blurry vision | <input type="checkbox"/> Slurred speech |
| <input type="checkbox"/> Crying | <input type="checkbox"/> Sweating |
| <input type="checkbox"/> Confusion | <input type="checkbox"/> Weakness |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Personality change |
| <input type="checkbox"/> Drowsiness | <input type="checkbox"/> Poor concentration |
| <input type="checkbox"/> Hunger | <input type="checkbox"/> Poor coordination |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Other (specify): |
| <input type="checkbox"/> Irritability | |

1. Give student grams fast-acting glucose source**.
 2. Wait minutes.
 3. Recheck glucose.
 4. Repeat fast-acting glucose source if symptoms persist **or** glucose is less than mg/dL (default 80mg/dL).
 - At mealtimes for students using injections if glucose is below target range dose for all but 15 grams of carbohydrates. Allow the student to eat.
 - Other (specify):
- **Fast acting glucose sources** (12-18 grams carbohydrates):
3-4 glucose tablets **or** 4 ounces juice **or** 0.9 ounce packet of fruit snacks

Severe low blood glucose

- | |
|--|
| <input type="checkbox"/> Agitated/combatative |
| <input type="checkbox"/> Inability to eat or drink |
| <input type="checkbox"/> Unconscious |
| <input type="checkbox"/> Unresponsive |
| <input type="checkbox"/> Seizures |
| <input type="checkbox"/> Other (specify): |

1. Don't attempt to give anything by mouth.
2. Position on side, if possible.
3. Contact trained diabetes personnel.
4. **Administer glucagon**, if prescribed.
5. **Call 911**. Stay with the student until 911 arrives.
6. Contact parent/guardian.
7. Stay with the student.
8. If the student has a pump, disconnect or suspend insulin on the device.
9. Other (specify):

Snacks, carbs, and low glucose treatment

- Allow the student to have immediate access to low glucose treatment (juice, glucose tabs).
- Encourage and provide access to carbohydrates for treatment and prevention of hypoglycemia.
- Provide non-sugar-containing drinks (e.g., water) during hyperglycemia.
- Never send a student with suspected low glucose anywhere alone. An adult must stay with the student until symptoms resolve or further help arrives.

Student Name:

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High glucose management (HYPER)glycemia treatment:

When glucose is over **mg/DL (default 300 mg/dl) for more than** **hours (default 2 hours)**

It is normal for the glucose to rise after a meal, but if it consistently stays high for hours you may do this to intervene.

Causes: Too little insulin, too much food, insulin pump or infusion set malfunction, decreased physical activity, illness, infection, injury, severe physical or emotional stress

Onset: Over several hours

1. Provide and encourage consumption of water or sugar-free fluids. Give 2–4 ounces of water every 30 min.
2. Allow liberal bathroom privileges.

Pump/smart pen users **L Correction dose (outside of meals)** - does not apply to injections

3. Correct if above mg/dl (default 300 mg/dl) for more than hours (default 2 hours) AND pump or smart pen recommends dosing.

Note: iLet pump corrections are fully automated, no manual corrections are possible via the pump.

Injections: Correction doses for those students using injections should be given only at mealtimes. Notify parent/guardian.

Location of supplies:

- | | | |
|---|--|---|
| <input type="checkbox"/> Classroom | <input type="checkbox"/> Health office | <input type="checkbox"/> Other (specify): _____ |
| <input type="checkbox"/> Student backpack | <input type="checkbox"/> Front office | |

Student access and independence

- Student is allowed to test glucose whenever and wherever needed.
- Student may carry and use a smart device (phone/watch) for medical purposes at all times.
- Permit student access to school Wi-Fi for CGM or pump data transmission.
- Permit access to charging outlets for diabetes devices.
- Student will carry diabetes supplies, devices, medications, and snacks at all times unless otherwise specified.
- Student may have unrestricted access to water (carry a water bottle or use a drinking fountain).
- Student may have unrestricted access to the bathroom as needed.
- Student may leave class 5-10 minutes early to check glucose, treat lows, or administer insulin before lunch.
- Provide privacy for diabetes care tasks if student requests.

Academic testing

- Academic testing (like a classroom exam) can be delayed if the student's glucose is outside of target range.

Physical activity (recess, PE class)

- Physical activity should be postponed if blood glucose is below mg/dL (default is 80 mg/dL).

Field trips

- Parent and nurse must be notified of field trips in advance so proper planning and training can be done.

Substitute teachers

- Substitutes must be aware of the student's condition and know the emergency plan.

Other: _____

School nurse contact:

Phone:

Email:

Parent name:

Phone:

Email:

Parent name:

Phone:

Email:

Name of healthcare provider/clinic:

Phone: