

HYPOGLYCAEMIA (Hypo)

LOW

Blood Glucose Level (BGL) < 4.0 mmol/L

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

Signs and symptoms

Note: Symptoms may not always be obvious.
Pale, headache, shaky, sweaty, dizzy, drowsy, changes in behaviour.

Child conscious
(Able to eat hypo food)

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

**Step 1: Give fast acting
carbohydrate**
(As supplied or listed on
management plan)

First Aid DRABC
Stay with unconscious child

**Step 2: Recheck BGL
after 15 mins**
If BGL < 4.0 repeat Step 1
If BGL ≥ 4.0 go to Step 3

**CALL AN
AMBULANCE
DIAL 000**

Step 3
If starting BGL
was between
2.0-4.0
No follow up
sustaining
carbohydrate
required

Step 3
If starting BGL
was < 2.0
GIVE
sustaining
carbohydrate
as supplied

**Contact
parent/carer**
When safe to do so

PARENT/CARER NAME _____

CONTACT No _____

OTHER CONTACT NAME & No _____

EARLY CHILDHOOD EDUCATION AND CARE SETTING

Insulin pump

DIABETES ACTION PLAN 2018

CHILD'S NAME

CENTRE

Use this plan in conjunction with Diabetes Management Plan

Continuous Glucose Monitoring (CGM) Appendix

Flash Glucose Monitoring Appendix

INSULIN

The insulin pump continually delivers insulin. The pump will deliver insulin based on carbohydrate and BGL entries. All BGLs must be entered into pump*

Button pushing: Full assistance required

ROUTINE BGL CHECKING TIMES

- Anytime, anywhere in the centre
- Before lunch
- Anytime hypo is suspected
- Before activity

PHYSICAL ACTIVITY

- 1 serve sustaining carbohydrate food before every 30 mins of planned activity. **DO NOT BOLUS** for carbohydrate serve
- Vigorous activity should **not** be undertaken if BGL ≥ 15.0 and blood ketones are ≥ 0.6
- Usually playtime doesn't require additional action, but check with parent/carer about this.

*For further information see Management Plan

HYPERGLYCAEMIA (Hyper)

HIGH

Blood Glucose Level (BGL) ≥ 15.0 mmol/L

HIGH BGLS ARE COMMON

Signs and Symptoms

Note: Symptoms may not always be obvious. Some could be increased thirst, extra toilet visits, poor concentration, irritability, tiredness

Check Blood Ketones

Blood ketones ≥ 0.6 mmol/L requires immediate treatment

Blood Ketones
< 0.6

Blood Ketones
≥ 0.6

Correction bolus
Recheck BGL in 2 hrs

Potential line failure. Contact parent/carer for further advice. May need injected insulin and line change. This is the parent/carer responsibility.

**BGL < 15.0
No Further
Action**

**BGL
≥ 15.0**

**IF UNWELL (E.G. VOMITING) CONTACT
PARENT/CARER TO COLLECT CHILD**

DATE _____

TREATING MEDICAL TEAM _____

CONTACT No _____

