

# Hyperglycemia Emergency Care Plan (For High Blood Glucose)

Student's Name: \_\_\_\_\_

Grade/Teacher: \_\_\_\_\_

Date of Plan: \_\_\_\_\_

## Emergency contact information

**Parent 1/Guardian:** \_\_\_\_\_

Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

**Parent 2/Guardian:** \_\_\_\_\_

Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

**Health Care Provider:** \_\_\_\_\_

Phone Number: \_\_\_\_\_

**School Nurse:** \_\_\_\_\_

Contact Number(s): \_\_\_\_\_

**Trained Diabetes Personnel:** \_\_\_\_\_

Contact Number(s): \_\_\_\_\_

Causes of Hyperglycemia	Onset of Hyperglycemia
<ul style="list-style-type: none"> <li>• Too little insulin or other blood glucose-lowering medications</li> <li>• Insulin pump or infusion set malfunction</li> <li>• Food intake that has not been covered adequately by insulin</li> <li>• Decreased physical activity</li> <li>• Illness</li> <li>• Infection</li> <li>• Injury</li> <li>• Severe physical or emotional stress</li> </ul>	<ul style="list-style-type: none"> <li>• Over several hours or days</li> </ul>

Hyperglycemia Symptoms	Hyperglycemia Emergency Symptoms Diabetic ketoacidosis (DKA), which is associated with hyperglycemia, ketosis, and dehydration
Circle student's usual signs and symptoms.	
<ul style="list-style-type: none"> <li>• Increased thirst and/or dry mouth</li> <li>• Frequent or increased urination</li> <li>• Change in appetite and nausea</li> <li>• Blurry vision</li> <li>• Fatigue</li> <li>• Other: _____</li> </ul>	<ul style="list-style-type: none"> <li>• Dry mouth, extreme thirst, and dehydration</li> <li>• Nausea and vomiting</li> <li>• Severe abdominal pain</li> <li>• Fruity breath</li> <li>• Heavy breathing or shortness of breath</li> <li>• Chest pain</li> <li>• Increasing sleepiness or lethargy</li> <li>• Depressed level of consciousness</li> </ul>

Actions for Treating Hyperglycemia	
Notify school nurse or trained diabetes personnel as soon as you observe symptoms.	
Treatment for Hyperglycemia	Treatment for Hyperglycemia Emergency
<ul style="list-style-type: none"> <li><input type="checkbox"/> Check the blood glucose level.</li> <li><input type="checkbox"/> Check urine or blood for ketones if blood glucose levels are greater than _____ mg/dL.</li> <li><input type="checkbox"/> Calculate the Insulin Correction Dose needed as specified in the DMMP.</li> <li><input type="checkbox"/> Administer supplemental insulin dose: _____. (If student uses a pump, see instructions below.)</li> <li><input type="checkbox"/> Give extra water or non-sugar-containing drinks (not fruit juices): _____ ounces per hour.</li> <li><input type="checkbox"/> Allow free and unrestricted access to the restroom.</li> <li><input type="checkbox"/> Recheck blood glucose every 2 hours to determine if decreasing to target range of _____ mg/dL.</li> <li><input type="checkbox"/> Restrict participation in physical activity if blood glucose is greater than _____ mg/dL and if ketones are moderate to large.</li> <li><input type="checkbox"/> Notify parents/guardians if blood glucose is greater than _____ mg/dL or if ketones are present.</li> </ul> <p><b>For Students Using an Insulin Pump</b></p> <ul style="list-style-type: none"> <li>• If student uses a pump, check to see if the pump is connected properly and functioning by giving a correction bolus through the pump and checking the blood glucose 1 hour later.</li> <li>• If moderate or large ketones are present, treat ketones with a subcutaneous injection of insulin, then change pump site or initiate pump back-up plan.</li> <li>• For infusion site failure: insert new infusion set and/or replace reservoir or pod, or give insulin by syringe or pen.</li> <li>• For suspected pump failure: suspend or remove pump and give insulin by syringe or pen.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Call parents/guardians, student's health care provider, and 911 (Emergency Medical Services) right away.</li> <li><input type="checkbox"/> Stay with student until Emergency Medical Services arrive.</li> </ul>