OFFICE OF CATHOLIC SCHOOLS DIOCESE OF ARLINGTON
QUICK REFERENCE EMERGENCY PLAN
Part A of Diabetes Medical Management Plan
HYPOGLYCEMIA
(Low Blood Sugar)

Student Name

School

Teacher/grade

Mother/Guardian

Father/Guardian

Home phone  Work phone  Cell

Home phone  Work phone  Cell

Trained Diabetes Personnel

Contact Number(s)

NEVER SEND A CHILD WITH SUSPECTED LOW BLOOD SUGAR ANYWHERE ALONE.

Causes of Hypoglycemia
- Too much insulin
- Missed food
- Delayed food
- Too much or too intense exercise
- Unscheduled exercise

Onset
- Sudden

Symptoms

Mild
- Hunger
- Shakiness
- Weakness
- Paleness
- Anxiety
- Irritability
- Dizziness

Moderate
- Headache
- Behavior change
- Poor coordination

Severe
- Loss of consciousness
- Seizure
- Inability to swallow

Circle student’s usual symptoms.

Actions needed

Mild
- Student may/may not treat self.
- Provide quick-sugar source.
  - 3-4 glucose tablets
  - 4 oz. juice
  - 6 oz. regular soda
  - 3 teaspoons of glucose gel
- Wait 10 to 15 minutes.
- Recheck blood glucose.
- Repeat food if symptoms persist or blood glucose is less than ______.
- Follow with a snack of carbohydrate and protein (e.g., cheese and crackers).

Moderate
- Someone assists.
- Give student quick-sugar source per MILD guidelines.
- Wait 10 to 15 minutes.
- Recheck blood glucose.
- Repeat food if symptoms persist or blood glucose is less than ______.
- Follow with a snack of carbohydrate and protein (e.g., cheese and crackers).

Severe
- Don’t attempt to give anything by mouth.
- Position on side, if possible.
- Contact school nurse or trained diabetes personnel.
- Administer glucagon, as prescribed.
- Call 911.
- Contact parents/guardian.
- Stay with student.

See reverse for Part B and signatures.
OFFICE OF CATHOLIC SCHOOLS DOCESE OF ARLINGTON
QUICK REFERENCE EMERGENCY PLAN
Part B of Diabetes Medical Management Plan
HYPERGLYCEMIA
(Old Blood Sugar)

Student Name

School

Teacher/grade

Onset
• Over time—several hours or days

Symptoms

Causes of Hyperglycemia
• Too much food
• Illness
• Too little insulin
• Infection
• Decreased activity
• Stress

Mild
• Thirst
• Frequent urination
• Fatigue/sleepiness
• Increased hunger
• Blurred vision
• Weight loss
• Stomach pains
• Flushing of skin
• Lack of concentration
• Sweet, fruity breath
• Other: ______________

Moderate
• Mild symptoms plus:
• Dry mouth
• Nausea
• Stomach cramps
• Vomiting
• Other: ______________

Severe
• Mild and moderate symptoms plus:
• Labored breathing
• Very weak
• Confused
• Unconscious

Onset
• Over time—several hours or days

Actions Needed
• Allow free use of the bathroom.
• Encourage student to drink water or sugar-free drinks.
• Contact the school nurse or trained diabetes personnel to check urine or administer insulin, per student’s Diabetes Medical Management Plan
• If student is nauseous, vomiting, or lethargic, ____ call the parents/guardian or ____ call for medical assistance if parent cannot be reached.

This quick reference emergency plan reflects orders stated in the Diabetes Medical Management plan and is authorized by:

Licensed Health Care Provider

Telephone

Date

Parent

Telephone

Date

Helping the Student with Diabetes Succeed: A Guide for School Personnel