

HYPOGLYCAEMIA

LOW

Blood Glucose Level < 4.0mmol/L

**DO NOT LEAVE CHILD UNATTENDED
DO NOT DELAY TREATMENT**

Signs and symptoms

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

Child conscious
(Able to eat hypo food)

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

Step 1: Give fast acting carb
(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 111**

Step 3: Give sustaining carb
(as supplied or listed on management plan)

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

PARENT / GUARDIAN NAME _____

CONTACT No _____

EARLY CHILDHOOD EDUCATION AND CARE SETTING

Twice daily injections

Use in conjunction with management plan

DIABETES ACTION PLAN 2017



Photo of child

CHILD'S NAME

CENTRE

INSULIN

Insulin will usually be taken at home in the morning, before arriving at the centre.

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

ROUTINE BGL CHECKING TIMES

- Anytime, anywhere in the centre
- Prior to lunch
- Anytime hypo is suspected
- Prior to planned activity

PHYSICAL ACTIVITY

- 1 serve sustaining carb before every 30 mins of planned activity
- Vigorous activity should **not** be undertaken if BGL >15.0 and blood ketones are >1.0
- Usual play time usually doesn't require additional action, but check with parent/guardian about this

AP BD ECEC NZ

HYPERGLYCAEMIA

HIGH

Blood Glucose Level >15.0mmol/L

HIGH BGLS ARE NOT UNCOMMON

Signs and Symptoms

Note: Symptoms may not always be obvious.
Some could be: increased thirst, increased urine production, poor concentration, irritability, lethargy.

Child well
Re-check BGL in 2 hours

Child unwell
E.g. vomiting
Check blood ketones if able

**Encourage oral fluids,
return to activity**
1-2 glasses water per hour; extra toilet visits may be required

**CONTACT PARENT/
GUARDIAN
TO COLLECT
CHILD ASAP**

**In 2 hours, if BGL
still >15.0
call parent/guardian
for advice**

DATE _____

HOSPITAL _____

TREATING DNS _____

CONTACT No _____