

Type 1 Diabetes Insulin Injection Action Plan




Name:
 Date of Birth: / /
 Class:

Contacts

Ph: Ph:
 Doctor:
 Phone:
 I hereby authorise medications and treatments specified on this plan to be administered according to the plan.
 Signature:
 Date: / /
 Diabetes Educator:.....
 Phone:


Blood Glucose Target Levels



4-8 mmol/l = NORMAL RANGE
 Perfect for optimal school performance with learning and memory



Under 4 mmol/l = LOW **URGENT!**
 Follow **HYP**O management procedure
 ISPAD "Hypo" definition = under 3.6 mmol/l. Treat under 4 mmol/l because of potential to fall further.



Over 10 mmol/l = HIGH
 Follow **HYPER** management procedure

Low Glucose (Hypo) Management (Blood glucose under 4 mmol/l or symptomatic)

NEEDS IMMEDIATE ACTION, MUST BE ATTENDED BY AN ADULT UNTIL RECOVERY.

- **Symptoms** - drowsy, sweaty, shaky, irritable, headache, poor concentration.
- **Treatment**
 1. If blood glucose is **3 to 4 mmol/l**, give rapidly acting carbohydrate (ISPAD recommended amount 0.15g/kg). Juiceml (preferred) or X
 2. If blood glucose is **under 3 mmol/l**, give rapidly acting carbohydrate (ISPAD recommended amount 0.3g/kg). Juiceml (preferred) or X
 3. **DO NOT OVERTREAT** and **DO NOT GIVE INSULIN BOLUS.**
 4. Re-test blood glucose in 15 minutes (juice or glucose) or 20 minutes (confectionery).
 5. If blood glucose is still under 4 mmol/l repeat above treatment.
 6. Follow up with sustaining carbohydrate eg. or
 to prevent further low blood glucose levels (hypoglycaemia).

Severe Low Glucose (Hypo) (Child unconscious or fitting)

While coma and convulsion is uncommon it can occur if hypoglycemia is prolonged and severe (blood glucose less than 2 mmol/l for at least 30 minutes) and not treated promptly.

1. Follow first aid - place child on their side in coma position.
2. Call Ambulance 000.
3. Notify parents. If unable to contact them, notify diabetes team.

High Glucose (Hyper) Management (Blood glucose over 10 mmol/l)

- **Major causes** - lack of insulin, omitting or insufficient insulin with meal or too high **Glycaemic Index (too sugary) food/drink.**
- If the child is unwell, nauseated and/or vomiting, notify parents **IMMEDIATELY**. If unable to contact them, notify the diabetes team immediately.
- If the child appears well
 1. Take recent history of food intake or insulin usage.
 2. Continue with classroom activities – **DO NOT SEND HOME OR TO SICK BAY.**
 3. **MUST** test blood glucose again in 2 hours. If still >10mmol/l notify parents for further advice. If unable to contact them, notify the diabetes team.