Procedure for Mild or Moderate Low Blood Glucose

Hypoglycemia/Insulin Reaction

Pupil:	**DOB:**	**School:**	**Grade:**

Equipment and Supplies	1. Blood glucose meter kit 2. Fast acting carbohydrates, i.e.: apple juice, orange juice 3. Glucose tablets 4. Glucose gel such as Insta-Glucose, Monogel and Glutose	5. Carb. and protein snack, i.e.: prepackaged crackers/cheese or peanut butter, 1/2 sandwich, 2 graham crackers with 1/2 cup milk, Nite Bite™, etc.

Essential Steps	**Key Points & Precautions**
1. Observe/Recognize signs/symptoms of low blood glucose; ask pupil to describe how he/she feels. (Pupil's known signs/symptoms are checked below).	

Mild Symptoms		**Moderate Symptoms**	**Key Points & Precautions**
__ Headache __ Moist skin, sweating __ Shakiness __ Pale skin __ Sudden hunger	__ Weakness, fatigue __ Numbness of lips/tongue __ Irritability __ Blurred vision __ Crying __ Stomachache	__ Droopy eyelids, sleepy __ Erratic behavior __ Slurred speech __ Loss of coordination __ Confusion	Unable to swallow - Combative Uncooperative - Unconscious Seizure. Proceed immediately to Procedure for Severe Low Glucose.

2. **Test blood** (if testing equipment is available), record results, and, if below 70, do as follows: (a) **Treat with one (1) of the following fast acting carbohydrates:** • 4 oz. (1/2 cup) apple juice or orange juice (or regular soda pop). • 15 gm glucose tablets (chewed thoroughly before swallowing). • Glucose gel (i.e.: 15 gm. tube Insta-Glucose, or 15 gm. Monogel or Glutose). • 1 tube gel Cakemate (19 gm., mini-purse size). (b) **Observe for 10 minutes, then check for improvement:** • Pupil states symptoms are gone and appears OK. • Blood sugar over 70 per pupil retest. (c) **If no improvement, repeat** Step 2, a and b (second attempt) **except** use the 15-30 gm. glucose tablets – or – glucose gel product, if available. – and – **If still no improvement, repeat** again (3rd attempt and if needed, 4th attempt). • If no improvement after **third** attempt, call parent and school nurse. • If no improvement after **fourth** attempt, call parent and paramedics. (d) **When student is feeling better:** • If ordered, provide extra carb. and protein snack if over 1 hour until lunch or snack time, or provide lunch or snack, whichever is due within the hour. • Resume classroom activities if fully recovered, or have health office call parent for assistance if not fully recovered. (e) **Document care** on procedure log, **and notify parent**	If moderate symptoms, provide immediate adult supervision. Treat "on the spot"; do not send elsewhere, and, if none of the listed fast acting carbohydrates, are available use 2 tsps. of sugar or honey, or 4 ounces of milk or fruit punch, etc. If in classroom and retest is needed, request health office assistance. **– and –** If pupil becomes unable to participate in care, proceed immediately to Emergency Procedure for Severe Blood Glucose.
3. **If 71 or above and feeling low/not well, repeat test to verify results** **• If 80 or less and still feeling low or not well, treat for Mild or Moderate Low Blood Glucose (Step 2, a – e, above).** **• If 81 or above and still feeling low or not well, consult immediately with school nurse** **• If 240 or above, see Procedure for High Blood Glucose**	School nurse will advise regarding further care.