

## Hyperglycaemia Action Plan

Hyperglycaemia means high blood sugar level. This can develop over many hours or days. It is possible for blood sugar level to be high without you realising. Many people do not experience the symptoms of hyperglycaemia until their blood sugar levels are extremely high. Although their blood contains too much sugar, they cannot tell unless they do a finger prick test.

Hyperglycemia	Action Plan for Support Workers
<p>Common causes</p> <ul style="list-style-type: none"> <li>• Sickness</li> <li>• Infection</li> <li>• Stress</li> <li>• Too much carbohydrate food at once</li> <li>• Not enough insulin or diabetes tablets</li> <li>• Other tablets or medicines.</li> </ul> <p>Symptoms</p> <ul style="list-style-type: none"> <li>• Feeling excessively thirsty</li> <li>• Frequently passing large volumes of urine</li> <li>• Feeling tired</li> <li>• Blurred vision</li> <li>• Infections (e.g. thrush, cystitis, wound infections)</li> <li>• Weight loss.</li> </ul>	<p><b>For Type 1 diabetes</b></p> <ul style="list-style-type: none"> <li>• Encourage client to test blood glucose levels frequently, as well as urine for ketones every time you pass urine.</li> <li>• Drink extra water or low-calorie fluids to keep up with fluid lost by passing more urine.</li> </ul> <p>Contact Subee registered Nurse or 000 if:</p> <ul style="list-style-type: none"> <li>• Vomiting stops you from drinking and makes eating difficult</li> <li>• Blood glucose levels remain high</li> <li>• Moderate to large ketones are present in the urine.</li> </ul> <p>In type 1 diabetes, high blood glucose levels can progress to a serious condition called Ketoacidosis.</p> <p>It is normal for blood glucose levels to go up and down throughout the day. An occasional high blood glucose level is not a problem. But if blood glucose level remains high for a few days or if the client is sick, contact Subee RN or after hours number for advice.</p>
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