

## Hypoglycaemia Action Plan

Hypoglycaemia, sometimes called a hypo or low, is a condition that occurs when a person’s blood glucose level (BGL) has dropped too low, **below 4mmol/L**. It is important to treat a hypo quickly to stop the BGL from falling even lower and the person becoming seriously unwell.

Hypoglycemia	Action Plan for Support Workers
<p>Hypoglycaemia can be caused by one or a number of events, such as:</p> <ul style="list-style-type: none"> <li>• Too much insulin or other glucose lowering diabetes tablets</li> <li>• Delaying or missing a meal</li> <li>• Not eating enough carbohydrate</li> <li>• Unplanned physical activity*</li> <li>• More strenuous exercise than usual*</li> <li>• Drinking alcohol - the risk of hypoglycaemia or hyperglycaemia increases, the more alcohol you drink</li> </ul> <p>Symptoms of hypoglycaemia vary from person to person. Early signs and symptoms may include:</p> <ul style="list-style-type: none"> <li>• Shaking, trembling or weakness</li> <li>• Sweating</li> <li>• Paleness</li> <li>• Hunger</li> <li>• Light headedness</li> <li>• Headache</li> <li>• Dizziness</li> <li>• Pins and needles around mouth</li> <li>• Mood change</li> </ul> <p>If the BGL continues to drop, more serious signs and symptoms may occur.</p>	<p>If you suspect the client is having a hypo?</p> <p>Check BGL. (If you can’t check BGL, treat it as a hypo, just in case.)</p> <p>If BGL is <b>below 4 mmol/L</b>:</p> <p><b>Step 1:</b></p> <p>Have 15 grams of fast acting carbohydrate such as</p> <ul style="list-style-type: none"> <li>• 6-7 jellybeans OR</li> <li>• 1/2 can of regular soft drink (not ‘diet’) OR</li> <li>• 1/2 glass of fruit juice OR</li> <li>• 3 teaspoons of sugar or honey OR Glucose tablets equivalent to 15 grams carbohydrate.</li> </ul> <p><b>Step 2:</b></p> <p>Wait 15 minutes, re-check BGL to see if risen above 4mmol/L.</p> <ul style="list-style-type: none"> <li>• If BGL has risen above 4mmol/L go to Step 3.</li> <li>• If BGL is still below 4mmol/L, repeat Step 1.</li> </ul> <p><b>Step 3:</b></p> <p>Eat a snack or meal with longer acting carbohydrate such as:</p>

<p>Later signs and symptoms of hypoglycaemia may include:</p> <ul style="list-style-type: none"> <li>• Lack of concentration/ behaviour change</li> <li>• Confusion</li> <li>• Slurred speech</li> <li>• Not able to treat own hypo</li> <li>• Not able to drink or swallow</li> <li>• Not able to follow instructions</li> <li>• Loss of consciousness</li> <li>• Fitting/seizures</li> </ul>	<ul style="list-style-type: none"> <li>• A slice of bread or biscuit OR</li> <li>• 1 glass of milk OR</li> <li>• 1 piece of fruit OR</li> <li>• 2-3 pieces of dried apricots, figs or other dried fruit OR</li> <li>• 1 tub of natural low fat yoghurt OR</li> <li>• Pasta OR</li> <li>• Rice.</li> </ul> <p>If not treated quickly, the BGL can continue to drop, which may result in the brain not getting enough glucose. This can cause unconsciousness or fitting.</p> <p><b>What to do if the person is unconscious, drowsy or unable to swallow</b></p> <p>If a person with diabetes is unconscious, drowsy or unable to swallow <b>THIS IS AN EMERGENCY.</b></p> <p>Do not give them any food or drink by mouth, treat as follows:</p> <ol style="list-style-type: none"> <li>1. Place them on their side making sure their airway is clear</li> <li>2. Phone for an ambulance (<b>dial 000</b>) stating the person is unconscious AND that the person has diabetes</li> <li>3. Wait with them until the ambulance arrives</li> <li>4. Call your supervisor &amp; fill in incident report</li> </ol>
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