



## Hyperglycemia Emergency Action Plan (For High Blood Glucose)

Child's Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date of Plan: \_\_\_\_\_

### Emergency Contact Information

Mother/Guardian: \_\_\_\_\_

Email address: \_\_\_\_\_ Home phone: \_\_\_\_\_

Work phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Father/Guardian: \_\_\_\_\_

Email address: \_\_\_\_\_ Home phone: \_\_\_\_\_

Work phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Health Care Provider: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Program Nurse: \_\_\_\_\_

Contact number(s): \_\_\_\_\_

MAT Certified Personnel: \_\_\_\_\_

Contact number(s): \_\_\_\_\_

Causes of Hyperglycemia	Onset of Hyperglycemia
<ul style="list-style-type: none"><li>• Too little insulin or other glucose-lowering medication</li><li>• Food intake that has not been covered adequately by insulin</li><li>• Decreased physical activity</li><li>• Illness</li><li>• Infection</li><li>• Injury</li><li>• Severe physical or emotional stress</li><li>• Pump malfunction</li></ul>	<ul style="list-style-type: none"><li>• Over several hours or days</li></ul>

This is a double-sided form--highlighted sections on the back of the form must be completed  
Version 06/04/2013 - Adapted with permission from the NDEP document entitled, "Helping the Student with Diabetes Succeed – A Guide for School Personnel, Updated Edition 2010"

<b>Hyperglycemia Signs</b>	<b>Hyperglycemia Emergency Symptoms</b>  (Diabetic Ketoacidosis, DKA, which is associated with hyperglycemia, ketosis, and dehydration)
<b>Circle child's usual signs and symptoms.</b>	
<ul style="list-style-type: none"> <li>• Increased thirst and/or dry mouth</li> <li>• Frequent or increased urination</li> <li>• Change in appetite and/or nausea</li> <li>• Blurry vision</li> <li>• Fatigue</li> <li>• Other:</li> </ul>	<ul style="list-style-type: none"> <li>• Dry mouth, extreme thirst, and/or dehydration</li> <li>• Nausea and vomiting</li> <li>• Severe abdominal pain</li> <li>• Fruity breath</li> <li>• Heavy breathing or shortness of breath</li> <li>• Chest pain</li> <li>• Increased sleepiness or lethargy</li> <li>• Depressed level of consciousness</li> </ul>

<b>Actions for Treating Hyperglycemia</b>	
<b>Notify School Nurse or Trained Diabetes Personnel as soon as you observe symptoms.</b>	
<b>Treatment for Hyperglycemia</b>	<b>Treatment for Hypoglycemia Emergency</b>
<ul style="list-style-type: none"> <li>• Check the blood glucose level: _____ mg/dL.</li> <li>• Check urine or blood for ketones if blood glucose levels are greater than: _____ mg/dL.</li> <li>• If child uses a pump, check to see if pump is connected properly and functioning.</li> <li>• Administer supplemental insulin dose: _____.</li> <li>• Give extra water or non-sugar-containing drinks (not fruit juices): _____ ounces per hour.</li> <li>• Allow free and unrestricted access to the restroom.</li> <li>• Recheck blood glucose every 2 hours to determine if decreasing to target range of _____ mg/dL.</li> <li>• Restrict participation in physical activity if blood glucose is greater than _____ mg/dL and if ketones are moderate to large.</li> <li>• Notify parents/guardian if ketones are present</li> </ul>	<ul style="list-style-type: none"> <li>• Call parents/guardian, child's health care provider, and 911 (Emergency Medical Services) right away.</li> <li>• Stay with the child until Emergency Medical Services arrive.</li> </ul>

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