



Student Name: _____ Date of Birth: _____ School Grade: _____
 Mother/Guardian: _____ Telephone: Home _____ Work/Cell _____
 Father/Guardian: _____ Telephone: Home _____ Work/Cell _____
 Other Emergency Contact: Name: _____ Relationship: _____ Telephone _____

Glucagon is stored:

Hypoglycemia – Low Blood Sugar

Common Causes
 Too much insulin
 Missed or delayed food
 Too much or too intense exercise
 Unscheduled exercise

Hyperglycemia – High Blood Sugar

Common Causes
 Too little insulin
 Too much food
 Decreased activity
 Illness / infection or stress

MILD	S Y M P T O M S	SEVERE
Hunger Dizziness Shakiness Sweating Lack of concentration Poor coordination Personality or behavior change Other _____		Loss of consciousness Seizure Inability to swallow Other _____

MILD	S Y M P T O M S	SEVERE
Increased hunger/thirst Frequent urination Fatigue / sleepiness Blurred vision Stomach pains Lack of concentration Other _____		Nausea / vomiting Moderate or large ketones Sweet, fruity breath Labored breathing Confused Unconscious Other _____

BLOOD GLUCOSE < 65 or 65-80 with symptoms	A C T I O N P L A N	SEVERE
- Provide 15 grams of carbohydrate (4oz of juice OR 4 glucose tablets) - Wait 15 minutes - Recheck blood glucose - Repeat treatment if blood glucose is < 80 - If > 1 hour before a meal, give a snack of carbohydrate and protein		- Call 911 - DO NOT give anything by mouth - Contact trained medical personnel - Administer Glucagon _____ mg - Roll child on his/her side after glucagon administered. - Stay with child - Contact parents

Check Urine KETONES	A C T I O N P L A N	SMALL KETONES
If BS >300 or symptoms of severe hyperglycemia NEGATIVE or TRACE KETONES - Give extra water - Allow use of bathroom as needed - Inform parents of frequent high readings		- Give at least 8oz. water every hour - Recheck ketones at next urination - Call parent

MODERATE TO LARGE
- Call parent - Encourage water until parent is contacted - If child has abdominal pain or is nauseous, vomiting or lethargic, call for medical assistance if parent can't be reached. - Child cannot exercise if mod-large ketones present

School Medical Management Plan Acknowledged and Approved by:

_____	_____
Student's Parent/Guardian	Date
_____	_____
School Personnel	Date
_____	_____
Student's Physician/Health Care Provider	Date