

**Quick Reference Guide**

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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

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

<b>MILD</b>	<b>S Y M P T O M S</b>	<b>SEVERE</b>
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 _____

<b>BLOOD GLUCOSE &lt; 65 or 65-80 with symptoms</b>	<b>A C T I O N  P L A N</b>	<b>SEVERE</b>
- 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

<b>Check Urine KETONES</b>	<b>A C T I O N  P L A N</b>	<b>SMALL KETONES</b>
If BS >300 or symptoms of severe hyperglycemia  <b>NEGATIVE or TRACE KETONES</b> - 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

<b>MODERATE TO LARGE</b>
- 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 \_\_\_\_\_