



diabetes information for schools

management healthcare plan

management healthcare plan for students with type 1 diabetes

Name: _____

Address: _____

Age: _____

Year: _____

Contact Details: _____

1. _____

2. _____

Hypoglycaemia – “Hypo” (Low Blood Glucose Level – BGL)

Treatment for hypoglycaemia:

- Easily absorbed carbohydrate e.g. fruit juice.
- Followed by snack or meal e.g. apple or sandwich or glass of milk.
- Repeat treatment if necessary.
- A hypo kit should be close to the child at all times.

- The child will need to sit quietly immediately following the hypo and may not be able to resume class work straightaway.
- Child should not be left alone.
- Child may not be able to concentrate on school work for several hours following the hypo.

Mild – moderate hypo

- Recognise and adequately treat symptoms of hypoglycaemia immediately.
- Treat as hypoglycaemia when BGL is under 4 mmol/l.
- A blood glucose test may show a result less than 4mmol/l in the absence of hypo symptoms.

Severe hypo

- Recognise when child is unable to swallow and instigate first aid:
 - Coma position.
 - Keep airway clear.
 - Stay with child.
 - Call ambulance.
 - Call parent.

