

## HYPOGLYCAEMIA (Hypo)

LOW

Blood Glucose Level (BGL) < 4.0 mmol/L

**DO NOT LEAVE STUDENT ALONE  
DO NOT DELAY TREATMENT**

### Signs and symptoms

Note: Symptoms may not always be obvious.  
Pale, headache, shaky, sweaty, dizzy, drowsy, changes in behaviour.

**Student conscious**  
(Able to eat hypo-food)

**Student unconscious/  
drowsy**  
(Risk of choking/unable to swallow)

**Step 1: Give fast acting carbohydrate**  
(As supplied or listed on management plan)

**First Aid DRABCD**  
Stay with unconscious student

**Step 2: Recheck BGL after 15 mins**  
If BGL < 4.0 repeat Step 1  
If BGL ≥ 4.0 go to Step 3

**CALL AN  
AMBULANCE  
DIAL 000**

**Step 3**  
If starting BGL was between 2.0-4.0  
No follow up sustaining carbohydrate required

**Step 3**  
If starting BGL was < 2.0  
give sustaining carbohydrate as supplied

**Contact parent/carer**  
When safe to do so

PARENT/CARER NAME \_\_\_\_\_

CONTACT No \_\_\_\_\_

OTHER CONTACT NAME & No \_\_\_\_\_

## SCHOOL SETTING

Insulin pump

# DIABETES ACTION PLAN 2018

STUDENT'S NAME

\_\_\_\_\_  
\_\_\_\_\_

SCHOOL

\_\_\_\_\_  
\_\_\_\_\_

Use this plan in conjunction with Diabetes Management Plan

Continuous Glucose Monitoring (CGM) Appendix

Flash Glucose Monitoring Appendix

### INSULIN

The insulin pump continually delivers insulin.

The pump will deliver insulin based on carbohydrate and BGL entries. All BGLs must be entered into pump\*

Able to button push:  independently  
 with supervision  
 with assistance

### ROUTINE BGL CHECKING TIMES

- Anytime, anywhere in the school
- Before lunch
- Anytime hypo is suspected
- Before activity
- Before exams or tests (e.g. NAPLAN)

### PHYSICAL ACTIVITY

- 1 serve sustaining carbohydrate food before every 30 mins of planned activity. **DO NOT BOLUS** for carbohydrate serve
- Vigorous activity should **not** be undertaken if BGL ≥ 15.0 and blood ketones are ≥ 0.6

\*For further information see Management plan

## HYPERGLYCAEMIA (Hyper)

HIGH

Blood Glucose Level (BGL) ≥ 15.0 mmol/L

HIGH BGLs ARE COMMON

### Signs and Symptoms

Note: Symptoms may not always be obvious.  
Some could be increased thirst, extra toilet visits, poor concentration, irritability, tiredness

### Check Blood Ketones

Blood ketones ≥ 0.6 mmol/L requires immediate treatment

**Blood Ketones**  
< 0.6

**Correction bolus**  
Recheck BGL in 2 hrs

**BGL < 15.0**  
No Further Action

**BGL ≥ 15.0**

**Blood Ketones**  
≥ 0.6

Potential line failure.  
Contact parent/carer for further advice.  
May need injected insulin and line change.  
This is the parent/carer responsibility.

**IF UNWELL (E.G. VOMITING) CONTACT  
PARENTS TO COLLECT STUDENT**

DATE \_\_\_\_\_

TREATING MEDICAL TEAM \_\_\_\_\_

CONTACT No \_\_\_\_\_

# Action Plan For Diabetes

**Rachel Sandford**



## **Action Plan For Diabetes:**

*Action Plan for Diabetes* Darryl E. Barnes, 2004 Your guide to controlling blood sugar *Your Type 2 Diabetes Action Plan* American Diabetes Association ADA, Kate Ruder, 2015-12-15 Nearly two million people are diagnosed with type 2 diabetes in the United States every year Many more are diagnosed with prediabetes For the millions of people already living with diabetes preventing or treating the many complications of diabetes is a constant concern Often what each of these individuals needs to control his or her blood glucose treat complications or prevent diabetes entirely is a change a change in nutrition a change in physical activity a change in medication a change in lifestyle To help facilitate these changes these individuals require clear recommendations based on established research that can help them quickly make the adjustments they need to improve their condition and create lifelong healthy habits What they need is an action plan Designed specifically for those are ready to take action Your Type 2 Diabetes Action Plan is a concise step based approach to quickly improving blood glucose management and quality of life Diabetes self care advice can often be overwhelming and coupled with the shock of diagnosis it s easy to be paralyzed by the enormity of new information To prevent this the Diabetes Action Plan breaks down complicated concepts and long term goals into manageable steps that are measured in days and weeks Each attainable short term objective then builds upon the previous step to engender long term self care change Topics include improving glucose management and optimizing medication increasing physical activity creating a diabetes meal plan treating and coping with complications getting the most out of a health care team improving family health and much more Presented in clear actionable steps this is the perfect guide to a longer better life with type 2 diabetes **Wisconsin Diabetes Strategic Plan, 2010-2015** ,2010 **Public Health Reports** ,2003 Health Services Reports United States. Health Services and Mental Health Administration, 2003 **Foundations for Community Health Workers** Timothy Berthold, 2016-05-02 Training credentialing and employment opportunities for Community Health Workers CHW are expanding across the nation Foundations for Community Health Workers 2nd Edition provides a practical and comprehensive introduction to essential skills for CHWs with an emphasis on social justice cultural humility and client centered practice Real life case studies and quotes from working CHWs illustrate challenges and successes on the job For additional details please visit <http://wileyactual.com/bertholdshowcase> *Departments of Labor, Health and Human Services, Education, and Related Agencies Appropriations for 2002* United States. Congress. House. Committee on Appropriations. Subcommittee on the Departments of Labor, Health and Human Services, Education, and Related Agencies, 2001 **National Strategic Plan for TB Control 2018-2022** ,2018 **The Best of Diabetes Self-Management** ,2002 From the most trusted magazine in its field this is the only book that addresses the health care topics that every person with diabetes needs to know Written in straightforward easy to understand language The Best of Diabetes Self Management covers a broad range of essential information 1 How to achieve excellent blood glucose control without tears 2 The most current and easy to understand meal

planning guidelines 3 The latest cholesterol guidelines for people with diabetes 4 The newest drugs and insulins how they work along and together 5 How to head off complications and the best treatments 6 The latest on herbs and vitamins 7 How to make sense of research studies 8 Tips on raising a child with diabetes 9 Complete information on diabetes and sex That s just a sample of what s covered If you want in depth easy to understand advice on handling the day to day and long range aspects of managing your diabetes this is the one book you need to have on your shelf *Adapted Physical Activity*

*Quarterly* ,2005 Public health reports ,2003 The Pennsylvania State Health Plan ,1983 **Diabetes Self-management** ,2000 *Nursing Diagnosis Handbook* Betty J. Ackley,Gail B. Ladwig,2008 A reference to help nursing students and practising nurses select a nursing diagnosis and write plans of care with ease and confidence The book provides care plans for every NANDA diagnosis and provides a quick access index of appropriate nursing diagnoses for over 1200 clinical entities **PIN** ,2000 *Technical Report Series* ,1994 *The Medical Journal of Australia* ,1993 *Oregon Revised Statutes* Oregon,2009 **Nutrition Perspectives** ,2001 The Australian Journal of Advanced Nursing ,1996

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## **Table of Contents Action Plan For Diabetes**

1. Understanding the eBook Action Plan For Diabetes
  - The Rise of Digital Reading Action Plan For Diabetes
  - Advantages of eBooks Over Traditional Books
2. Identifying Action Plan For Diabetes
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Action Plan For Diabetes
  - User-Friendly Interface
4. Exploring eBook Recommendations from Action Plan For Diabetes
  - Personalized Recommendations
  - Action Plan For Diabetes User Reviews and Ratings
  - Action Plan For Diabetes and Bestseller Lists
5. Accessing Action Plan For Diabetes Free and Paid eBooks
  - Action Plan For Diabetes Public Domain eBooks
  - Action Plan For Diabetes eBook Subscription Services
  - Action Plan For Diabetes Budget-Friendly Options
6. Navigating Action Plan For Diabetes eBook Formats

- ePub, PDF, MOBI, and More
  - Action Plan For Diabetes Compatibility with Devices
  - Action Plan For Diabetes Enhanced eBook Features
7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Action Plan For Diabetes
    - Highlighting and Note-Taking Action Plan For Diabetes
    - Interactive Elements Action Plan For Diabetes
  8. Staying Engaged with Action Plan For Diabetes
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Action Plan For Diabetes
  9. Balancing eBooks and Physical Books Action Plan For Diabetes
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Action Plan For Diabetes
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Action Plan For Diabetes
    - Setting Reading Goals Action Plan For Diabetes
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Action Plan For Diabetes
    - Fact-Checking eBook Content of Action Plan For Diabetes
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development
    - Exploring Educational eBooks
  14. Embracing eBook Trends
    - Integration of Multimedia Elements
    - Interactive and Gamified eBooks

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