

Diabetes Care Plan for: _____

place photo
here

Grade: _____ Room: _____

Mom:	Dad:
Home Phone:	Home Phone:
Work Phone:	Work Phone:
Cell Phone:	Cell Phone:

Low Blood Sugar (Hypoglycemia)

Low blood sugar is a common side effect of insulin. It can result from skipping or being late for a meal or snack, extra activity, or too much insulin. Hypoglycemia can develop quickly and must be treated immediately.

Symptoms (check child's specific symptoms)

- shaky weak pale sweaty hungry
 very tired grumpy confused _____ _____

Treatment

- If possible check the blood sugar. The student should not go anywhere alone.
- If unable to check, treat the low anyway.

If the blood sugar is < _____ , treat immediately with:

_____ or
_____ or
_____ or

Severe Low Blood Sugar

If confused or disoriented: Take charge and coax child to eat or drink a treatment

If unconscious or having a seizure: Roll on side and call 911

High Blood Sugar

If blood sugar is elevated (usually 15 or greater) the student will have increased thirst, urination and may not be able to concentrate. Allow the student to drink lots of water and take frequent bathroom breaks.

Managing Food

- Morning snack ____ a.m. Needs: prompt supervision to finish
- Afternoon snack ____ p.m. Needs: prompt supervision to finish
- An extra snack may be needed before active gym class or outings

Instructions:

Blood Glucose Monitoring

- before morning snack before lunch
- before afternoon snack before going home
- before gym/activity

Student prefers to do blood glucose check in:

- classroom office at locker bathroom other _____

Location of monitor and supplies: _____

Other Medical Conditions

Treatment

Other Medical Conditions	Treatment

