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| --- | --- | --- |
| DIABETES EMERGENCY  MANAGEMENT | | [current photo here] |
| [full name] Age: [age]  Grade: [grade or class] | |
| **Sickness or Injury** | | |
| Watch for signs of Low BSL. Do not leave [name] alone – adult supervision is required at all times. | | |
| **Unresponsive** | | |
| Rub honey onto gums inside mouth. Honey located in front pocket of backpack.  Call Health Centre [phone number] to attend and manage [name].  Do not leave [name] alone – adult supervision is required at all times.  If the Health Centre is not available then call [initials of nurses or staff]. | | |
| **Unconscious** | | |
| If [he/she] is unable to be roused call Health Centre immediately.  If the Health Centre is not available then call [initials of nurses or staff]. Give **Orange Glucagon** injection: located in the front pocket of backpack. Inject fluid into powder, shake, draw up ½ of the liquid, inject into thigh. Call an ambulance – [emergency number]. State it is a Diabetic Emergency.  Do not leave [name] alone – adult supervision is required at all times. | | |
|  | | |
| Signs of ***low blood sugar*** | | |
| Hunger, Pale appearance, Sweating, Drowsiness, Changes in mood/behaviour,  Lack of coordination or balance, Vagueness, Irritability  **If [name] has a BSL less than 4.5 follow the Diabetes Action Plan** | | |
|  | | |
| Signs of ***high blood sugar*** | | |
| Thirsty, Irritable, Frequent visits to the toilet  **If [name] has a BSL greater than 15, follow the Diabetes Action Plan** | | |
|  | | |
| To call an ambulance | | |
| Dial [emergency number] on a mobile/cell phone  State it is a Diabetic Emergency  [name] has a mobile phone in her backpack – press black middle key, then \* to unlock | | |
|  | | |
| Contacts | | |
| **Mum:** [contact details] | **Dad:** [contact details] | |
| **Health Centre:** [contact details] | [initials of nurses or staff and their extensions] | |

*Sample supplied by* [*ManageBGL.com*](http://www.ManageBGL.com)*, a SmartPhone-based system for predicting blood sugars 3 hours ahead*