



**First aid**

**Observable signs of hypoglycaemia (a 'hypo')—low blood glucose**

A 'hypo' can be caused by too much insulin, not enough food or a missed meal and unplanned or unusual exercise. The signs can progress from mild to severe.

*Treatment is needed promptly to prevent a mild 'hypo' from progressing to a severe 'hypo'.*

**MILD**

- Sweating, paleness, trembling, hunger, weakness
- Changes in mood and behaviour (eg crying, argumentative outbursts, aggressiveness)
- Inability to think straight, lack of coordination

**MODERATE**

- Inability to help oneself
- Glazed expression
- Being disorientated, unaware or seemingly intoxicated
- Inability to drink and swallow without much encouragement
- Headache, abdominal pain or nausea

**SEVERE**

- Inability to stand
- Inability to respond to instructions
- Extreme disorientation
- Inability to drink and swallow (leading to danger of inhaling food into lungs)
- Unconsciousness or seizures (jerking or twitching of face, body or limbs)

**FIRST AID in response to these observable signs of low blood glucose**

- Give sugar immediately** to raise blood sugar level (eg half a can of normal—with sugar—soft or fruit drink, or 5–6 jellybeans).
- Wait** 5 minutes.
- If no improvement** repeat soft drink/jelly beans and wait further 5 minutes.
- If condition improves** follow up with a snack of one piece of fruit or one slice of bread or dried biscuits only when recovered (usually 5 minutes).
- If still no improvement** call ambulance. State clearly that the person has diabetes, and whether he or she is conscious. Inform emergency contacts.
- If unconscious** maintain **Airway Breathing Circulation (ABC)** while awaiting ambulance.

Can this child/student usually tell that he or she is developing a 'hypo'?  Yes  No

If yes, please detail how early he or she is likely to recognise the 'hypo' and the action he or she typically takes.

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**Observable signs of hyperglycaemia—high blood glucose**

Hyperglycaemia (high blood glucose levels) can be caused by insufficient insulin, too much food, common illness (eg a cold) and stress.

Signs for this condition emerge over two to three days and can include:

- Frequent urination
- Weight loss
- Change in behaviour (usually irritability)
- Excessive thirst
- Lethargy

**FIRST AID in response to these observable signs of high blood sugar levels**

Staff members often become aware of these signs when the child/student is constantly going to the toilet.

Emergency contacts should be informed if these signs are observed.

An ambulance should be called immediately if any of the following is observed:



- Rapid, laboured breathing
- Abdominal pains
- Vomiting
- Flushed cheeks
- Sweet acetone smell to the breath
- Severe dehydration

If you anticipate this child/student will require something other than this standard first aid response, please provide detailed written recommendations so individual care arrangements can be discussed with staff.

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