

Indian Society for Pediatric and Adolescent Endocrinology HYPOGLYCEMIA (LOW BLOOD GLUCOSE) TREATMENT GUIDE FOR SCHOOLS



1. RECOGNIZE

Child may have one or more of the following symptoms



2. CONFIRM

Check blood glucose with a glucometer. Hypoglycemia is blood glucose less than 70 mg/dl

If glucometer is not available, TREAT ANYWAY



3. TREAT IN PLACE DO NOT LEAVE THE CHILD ALONE

GIVE FAST-ACTING SUGAR

Let the child sit down and give ONE serving of any of the fast-acting sugar. Examples in Table1 (on the back of this card)

4. RECHECK BLOOD GLUCOSE IN 15 MINUTES

If it is more than 70 mg/dl, proceed to step 5.

If less than 70 mg/dl, REPEAT steps 3 & 4





5. GIVE A SNACK

If blood glucose is more than 70 mg/dl and the next meals is not yet due, give a slowacting carb snack. Examples in <u>Table 2. (on the back of this card)</u>

SEEK URGENT MEDICAL ATTENTION IF:

- Vomiting
- Stomach pain
- Blood glucose remains low even after 2 hypo treatments
- Symptoms worsen
- Child becoming more and more drowsy

IF CHILD IS DROWSY, UNCONSCIOUS, OR HAVING FITS.

DO NOT FEED FORCEFULLY

PUT IN RECOVERY POSITION





- Call & inform Parents
- INFORM THE DOCTOR ABOUT CHILD'S DIABETES



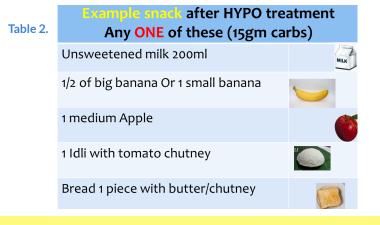


Examples of fast-acting sugars and post hypoglycemia treatment snacks

THESE ONLY ANY ONE OF THESE

Table 1.

 Fast acting sugar		< 5 yr (5g)	5-10 yr (10g)	>10 yr (15g)
Table sugar or Glucose powder		1 teaspoon	1.5 teaspoon	1 tablespoon 2 teaspoons
Glucose bolts (2g/piece)	10 mains (Points	3 tablets	5 tablets	6-7 tablets
dextrose tablets	Destrose Chevelok Toblets 43 Hypotati	1-2 tablet	2-3 tablets	4 tablets
Juice	All the second s	30 ml	70 ml	100 ml



CHILD'S EMERGENCY DETAILS (Please fill out the details)

NAME:	_CLASS	_SECTION
PARENT'S CONTACT NUMBERS:		
NEAREST HOSPITAL EMERGENCY NUMBER:		
MY CHILD'S LOW GLUCOSE SYMPTOMS:		

Made for the Indian Society for Pediatric and Adolescent Endocrinology by Dr Sirisha Kusuma Boddu