HYPOglycemia-LOW
Blood Glucose
HYPOglycemia = LOW blood glucose

Possible causes of LOW blood glucose:
- Too much insulin
- Not enough food or delayed meal or snack
- Extra physical activity

70 mg/dl or below
HYPOglycemia-LOW blood glucose

- Onset can be sudden-treat immediately
- If NOT treated:
  - May progress to unconsciousness or seizure
  - Can result in brain damage or death

*Medical orders will specify signs and action to take*
HYPOglycemia - LOW blood glucose

Common Symptoms:

- Shaky
- Weak
- Sweaty
- Dizzy
- Tingling

70 mg/dl or below
HYPOglycemia - LOW blood sugar

Other Symptoms:

- Hunger
- Anxiety
- Paleness
- Blurry Vision
- Irritable
- Behavior Changes
- Crying
- Confusion
- Dazed Appearance
- Seizures
- Unconsciousness/coma

70 mg/dl or below
Treatment:

- If blood glucose is below 70 mg/dL follow the “Rule of 15”
- If unable to test, but feel or show symptoms that the blood glucose is low, treat with the “Rule of 15”
HYPOglycemia-LOW blood sugar

“Rule of 15”

- **Eat 15** grams of carbohydrate
  
  Example: 3 – 4 glucose tabs, 15 grams glucose gel, ½ cup (4 oz.) juice or regular soft drink, 3-4 packets of table sugar, pkg. fun size Skittles

- **Wait 15** minutes

- **Retest** blood glucose

- If blood glucose is still below 70, **repeat Rule of 15**

Once blood glucose back to normal,

*follow with meal or snack if mealtime is not scheduled soon after the event.*
Risks and Complications of HYPOglycemia:

- Greatest immediate concern for students with diabetes
- Not always preventable
- Early recognition and intervention can prevent an emergency
- Impairs cognitive and motor functioning, including appropriate decision making
GO TO THE AMERICAN DIABETES ASSOCIATION SAFE AT SCHOOLS VIDEO

CHAPTER 3 – HYPOGLYCEMIA

at:

http://www.youtube.com/watch?v=dH9Y_rby-jQ&index=4&list=PL3DE9DDE8EB2A2E56