

Summary Care Plan

When to Call Us:

- Anytime you **have a question** or are unsure what to do.
- If his **blood sugar does not rise after a low treatment** (is still below 4.0 when re-checked 15 minutes after a low treatment is given).
- If (child's name) **vomits**, or is **unable to eat** after he has received insulin.
- If (child's name) is very drowsy, **loses consciousness** or is **convulsing** (severe low blood sugar). Call 9-1-1 first.
- If the **pump alarms**. (So we can troubleshoot.)
- If **blood sugar is over #**. (This is not urgent unless he is also vomiting.)

When To Check Blood Sugar:

- Any time you are worried his **blood sugar may be low** (he shows symptoms of low blood sugar).
- **Before snack time**
- **Before/after gym class** (or other exercise, more than 15 mins of moderate intensity)

What To Do after Blood Sugar Check :

If (child's name)'s blood sugar is:

- **Over XX.0** → *(fill in what you want them to do: call you? Supervise your child giving an insulin dose?)*
 - * Results of cognitively-demanding tasks (including tests) done at this time will not accurately reflect (child's name)'s ability, as cognitive ability is affected by high blood sugar).
- **X - X** → *(fill in what you want them to do, including "nothing" if that is the case).*
 - * If blood sugar is in the 4's, and snack time is more than 15 mins away, please allow (child's name) to have his snack early.
- **Below 4.0** → **Fast-acting carbohydrates, #g** (= ONE package marked "Low Treatment")
Ex. # gummie worm, # Skittles candies, # Glucose tablets, # Large Rocket candies
 - * Low treatments located: Low Kit in desk, his waist belt, in gym, library
 - * **NO insulin** given
 - * Make sure (child's name) consumes **ALL** of the contents of the package.
 - * (child's name) should **re-check** his blood sugar 15 minutes later (to make sure it is rising).
 - * If blood sugar is **still below 4.0**, **repeat** low treatment as above and **CONTACT US:**
Home: (XXX) XXX-XXXX
Mom cell: (XXX) XXX-XXXX
Dad cell: (XXX) XXX-XXXX
Diabetes Health Care Team *(if applicable)*: (XXX) XXX-XXXX
 - * When his blood sugar is below 4.0, (child's name) should not be:
 - physically active
 - left alone (ex. to walk to the bathroom)
 - expected to complete cognitive tasks (including tests)

If (child's name) is **very drowsy**, non-responsive but **STILL CONSCIOUS:**

- Give **TWO** pre-measured packages (# g) of fast-acting carbohydrate immediately
- Firmly coax (child's name) to eat or drink.

If (child's name) is **UNCONSCIOUS**/convulsing:

- Call 9-1-1 first. Tell them: a child with type 1 diabetes is having a severe low blood sugar (unconscious, convulsing).
- Call us immediately after (as above)