

Quick Reference Guide

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Student Name: _____ Date of Birth: _____ School Grade: _____

Mother/Guardian: _____ Telephone: Home _____ Work/Cell _____

Father/Guardian: _____ Telephone: Home _____ Work/Cell _____

Other Emergency Contact: Name: _____ Relationship: _____ Telephone _____

Glucagon is stored in the school office (unless otherwise specified) _____

Hypoglycemia – Low Blood Sugar

Common Causes
Too much insulin
Missed or delayed food
Too much or too intense exercise
Unscheduled exercise

Hyperglycemia – High Blood Sugar

Common Causes
Too little insulin
Too much food
Decreased activity
Illness / infection or stress

<u>MILD</u>	S Y M P T O M S	<u>SEVERE</u>
Hunger Dizziness Shakiness Sweating Lack of concentration Poor coordination Personality or behavior change Other _____		Loss of consciousness Seizure Inability to swallow Other _____

<u>MILD</u>	S Y M P T O M S	<u>SEVERE</u>
Increased hunger/thirst Frequent urination Fatigue / sleepiness Blurred vision Stomach pains Lack of concentration Other _____		Nausea/vomiting Moderate or Large ketones Sweet, fruity breathe Labored breathing Confused Unconsciousness Other _____

<u>BLOOD GLUCOSE</u> < 65 or 65-80 with symptoms	A C T I O N P L A N	<u>SEVERE</u>
- Provide 15 grams of rapid acting carbohydrate (4oz of juice OR 4 glucose tablets) - Wait 15 minutes - Recheck blood glucose - Repeat treatment if blood glucose is < 80 - If > 1 hour before a meal, give a snack of carbohydrate and protein		- Call 911 - DO NOT give anything by mouth - Contact trained medical personnel - Administer Glucagon _____ mg - Roll child on his/her side after glucagon administered. - Stay with child - Contact parents

<u>Check Urine KETONES</u>	A C T I O N P L A N	<u>SMALL KETONES</u>
If BS >300 or symptoms of severe hyperglycemia <u>NEGATIVE or TRACE KETONES</u> - Give extra water - Allow use of bathroom as needed - Inform parents of frequent high readings		- Give at least 8oz. water every hour - Recheck ketones at next urination until negative - Call parent

<u>MODERATE TO LARGE</u>
- Call parent - Encourage water until parent is contacted - If child has abdominal pain or is nauseous, vomiting or lethargic, call for medical assistance if parent can't be reached. - Child cannot exercise if mod-large ketones present

School Medical Management Plan Acknowledged and Approved by:

_____	_____
Student's Parent/Guardian	Date
_____	_____
School Personnel	Date
_____	_____
Student's Physician/Health Care Provider	Date