

# **HYPO PROCEDURE GUIDE**

**#TALKTYPE1**

# HYP0 PROCEDURE

## 1 GET THE CHILD'S BLOOD GLUCOSE LEVEL TESTED

The following people can carry out this procedure:

(Primary contact) .....

(Other contact) .....

.....

.....

## 2 SIT THE CHILD DOWN WHERE HE/SHE IS. NEVER LEAVE THEM ALONE

## 3 GET THE HYP0 SNACK BOX, WHICH IS KEPT

.....

## 4 GIVE THE CHILD SOMETHING TO EAT OR DRINK IMMEDIATELY

Check individual care plan and get advice from parents/diabetes specialist nurse (see contact details at top). Generally 3-4 glucose tablets, a small glass of real fruit juice, or a 50-80ml sugary soft drink (not diet or sugar-free) will work. If the child is unconscious, do not give them anything to eat or drink at all and seek urgent medical attention.

## 5 ASSESS THE CHILD

If the child becomes drowsy or uncooperative, but is conscious and not fitting, emergency glucose gel should be used. Squeeze the gel into the child's mouth, between their cheek and teeth and massage in. After using the gel, start offering sugary snacks as identified above.

## 6 WAIT FIFTEEN MINUTES AND RE-TEST BLOOD GLUCOSE LEVELS

The blood glucose level should read ..... mmol/L

If it is still below ..... mmol/L or the symptoms remain the same, return to step 4.

## 7 RECOVERY AND EATING

Once the child feels better and their blood glucose returns to the normal level, they should eat starchy carbohydrates or their meal, if due.

## 8 CHECK THEIR BLOOD GLUCOSE LEVELS AGAIN AFTER 15 MINUTES

Ensure the parents are kept informed.

## 9 SEEK URGENT MEDICAL ATTENTION, IF:

- They're vomiting
- They have a high temperature
- They have stomach pains
- Their blood glucose levels remain low after two treatments
- Symptoms deteriorate
- The child becomes increasingly lethargic
- They're unresponsive or lose consciousness

If you keep glucagon in a fridge at school, inform ambulance control that you are able to administer the emergency glucagon injection; they can give you guidance over the phone.

This could save the child's life if the hypo is very severe. If the child is unconscious, do not give them anything to eat or drink at all.

# CHILD'S EMERGENCY DETAILS

PLEASE FILL OUT YOUR DETAILS BELOW

Name

Class

Year group

Parent/Guardian

Phone number

Diabetes Specialist Nurse

Phone number


The signs and symptoms of ..... 's hypo are:

Lilly and JDRF have collaborated to produce the schools pack. The schools pack has been developed by JDRF and supported by Lilly, who has reviewed the content for medical accuracy only.

*Lilly* | DIABETES

# INSTRUCTIONS:

CUT OUT AND FOLD THE HYPO CARD ALONG THE DOTTED LINES. THEN FOLD INTO A CONCERTINA.

	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>MY EMERGENCY SNACK BOX IS KEPT:</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>IF I AM HAVING A HYPO, REFER TO MY HYPO PROCEDURE GUIDE, WHICH IS KEPT:</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>OTHER SYMPTOMS MAY INCLUDE:</p>	<p><input type="checkbox"/> Unusual behaviour e.g. aggression</p> <p><input type="checkbox"/> Sturring words</p> <p><input type="checkbox"/> Sudden pale skin</p> <p><input type="checkbox"/> Lack of concentration</p> <p><input type="checkbox"/> Glazed or staring eyes</p> <p><input type="checkbox"/> Dizziness</p> <p><input type="checkbox"/> Clammy/sweaty skin</p> <p><b>FOLLOWING SIGNS (TICK THOSE THAT APPLY):</b></p> <p><b>I MIGHT BE HAVING A HYPO IF YOU SEE THE</b></p>
<p><b>FILL IN THIS CARD AND SHARE IT WITH ADULTS WHEN NEEDED</b></p> <p>Lilly and JDRF have collaborated to produce the schools pack. The schools pack has been developed by JDRF and supported by Lilly, who has reviewed the content for medical accuracy only.</p> <p><i>Lilly</i>   DIABETES</p>	<p><b>MY NAME IS:</b></p> <p>.....</p> <p>.....</p> <p>I have type 1 diabetes and I need to regularly test my blood glucose levels. I also require insulin from a:</p> <p>Pump <input type="checkbox"/> Pen <input type="checkbox"/></p>	<p><b>MY BLOOD TESTING KIT IS KEPT:</b></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>I may need to leave a lesson early to test my blood or inject, especially at lunchtime.</p>	<p>.....</p> <p>is a friend/adult who can accompany me if I need help.</p> <p>.....</p> <p>is the member of staff to contact about my condition.</p>	<p><b>IF IN DOUBT OR I AM UNCONSCIOUS, PLEASE PUT ME IN THE RECOVERY POSITION AND CALL 999</b></p> <p><b>JDRF</b> IMPROVING LIVES. CURING TYPE 1 DIABETES.</p>