

TYPE 1 DIABETES ACTION PLAN: 2026

Insulin Pump

LOW Hypoglycaemia (Hypo)

Blood Glucose level (BGL) less than or equal to
3.9 mmol/L

SIGNS AND SYMPTOMS Pale, headache, shaky, sweaty, dizzy, changes in behaviour.

**DO NOT LEAVE STUDENT ALONE
DO NOT DELAY TREATMENT**

MILD

Student conscious
(Able to eat hypo food)

Step 1 Give fast acting Carbohydrate e.g. glucose, juice drink or Mentos

Step 2 Recheck BGL in 10-15 mins if BGL still less than or equal to 3.9 mmol/L

Repeat Step 1

If BGL greater than or equal to 4.0, go to **Step 3**

Step 3 Return to normal activity no follow up long acting carbohydrate is required. If student chooses to eat, bolus insulin.

[See Management plan](#)

SEVERE

Student drowsy / unconscious
(Risk of choking / unable to swallow)

- First aid DRSABCD
- Do not try to get student to drink or eat
- Stay with unconscious student
- Administer Glucagon if available

**CALL AN AMBULANCE
DIAL 111**

Contact parent / carer when safe to do so.

HIGH Hyperglycaemia (Hyper)

Blood Glucose level (BGL) greater than or equal to
15.0 mmol/L requires additional action

SIGNS AND SYMPTOMS Increased thirst, extra toilet visits, poor concentration, irritability, tiredness

Note: Symptoms may not always be obvious

Check Blood ketones. Blood ketones greater than or equal to 1.0mmol/L requires immediate treatment (contact parent/caregiver)

Blood Ketones less than 1.0

- Deliver correction dose via pump or phone app
- Encourage water and return to usual activity
- Extra toilet visits may be required
- If GL is high and student is hungry, they can still eat carbohydrate with insulin via pump
- Extra activity is NOT required as a method of a treatment for high GLs
- Re-check BGL in 2 hours

BGL <15.0mmol/L and ketones less than 1.0mmol/L, no further action required

BGL still >15.0mmol/L
POTENTIAL SITE FAILURE
Check ketones

**IF UNWELL (E.G. VOMITING), OR KETONES >1.0mmol/L
CONTACT PARENT/CAREGIVER TO COLLECT STUDENT OR
CALL AMBULANCE DIAL 111**

SCHOOL SETTING

Use in conjunction with Diabetes Management Plan.
This plan should be reviewed every year.

Student's name:

Place photo of student here

Age: DOB:

Date:

School name:

INSULIN

The insulin pump continuously delivers insulin. The pump will deliver insulin based on carbohydrate food entries and GLs.

If the insulin pump site falls out, a parent should be contacted immediately.

Pump button pushing (cross out those not applicable):
with assistance / with supervision /independently

GL CHECKING TIMES

- Anytime, anywhere in the school
- Before morning tea and before lunch
- Anytime hypo is suspected
- Before planned activity
- Before exams or tests

[See Management plan](#)

PHYSICAL ACTIVITY

- Turn on as 60-90 minutes prior (Cross-out if N/A):
"Exercise activity" / "Ease off" / "Temp target" / "Temp basal" / "Profile"
- Vigorous activity should NOT be undertaken if:
Student is unwell AND/OR blood ketones are ≥ 1.0

Parent/Carer's name:

Contact phone:

Other Parent/Carer's name:

Contact phone:

Treating medical team:

Contact phone: