TYPE 2 DIABETES ACTION PLAN: 2027

(Insulin Injections)

As kaitiaki (carers/guardians) of diabetes related services, it is a collective responsibility to establish an environment that facilitates a pathway for people with diabetes to navigate te ao mate huka - the world of diabetes[1].

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

LOW Hypoglycaemia (Hypo)

Glucose level (GL) less than or equal to <3.9 mmol/L requires additional action

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

Note: Check BGL if hypo suspected. Symptoms may not always be obvious

HIGH Hyperglycaemia (Hyper)

Glucose level (GL) greater than or equal to **>15.0 mmol/L** is well above average and requires additional action

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

Note: Symptoms may not always be obvious

Student's name:	Place photo of student here
Age: DOB:	
Date:	
School name:	

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. _____

Step 2
Recheck GL in 10-15 mins If GL <3.9 mmol/L
Repeat Step 1
If BGL greater than or equal to <4.0, go to **Step 3**

Step 3
Give 10g long acting carbohydrate, if next meal/ snack is more than 20 mins away.

SEVERE

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

CALL AN AMBULANCE DIAL 111

- First Aid DRSABCD
- Stay with unconscious student
- Administer Glucagon if available

Contact parent / carer when safe to do so.

STUDENT WELL

Recheck GL in 2 hours

- Encourage 1-2 glasses water per hour
- Return to usual activity
- Extra toilet visits may be required
- Re-check GL in 2 hours
- Do not restrict students access to food.

In 2 hours, if GL still greater than equal to 15.0 mmol/L

CALL PARENT / CARER FOR ADVICE

STUDENT UNWELL

e.g. Vomiting
Contact parent/carer to collect student ASAP

Parent / Carer's name:	Contact phone:
Other contact name:	Contact phone:
Treating Medical team:	Contact phone:

MEDICATION

Insulin required (dose and frequency)	Person responsible for giving insulin
Other medication required (dose and frequency)	Person responsible for giving medication

Student is able to inject insulin (cross out if not applicable) with assistance / with supervision / independently

BGL CHECKING TIMES

- Before morning tea and before lunch
- Before activity and exercise
- Before exams and tests
- Additional checks may be needed at other times if student has symptoms of low.

PHYSICAL ACTIVITY

- Consider giving long-acting carbohydrate food before every 30 mins of planned activity if GL < 6.0 mmol/L
- Playtime does not usually require additional carb

Finger prick glucose (GL) will be needed with persistent low or high glucose levels or concern over CGM accuracy.

CYHNCN
Child & Youth Health National Clinical Network

[1]Te Kaiwhakahaere Māori te Roopu mate huka Debbie Rawiri-Te Whatu Ora Waitaha Canterbury