ALGORITHMS FOR BLOOD GLUCOSE RESULTS

CHECK BLOOD GLUCOSE

Below 70

2. Observe for 15 minutes then retest blood glucose.
   a. If less than 70, repeat 15 gm carbohydrate and retest in 15 min.
   b. If over 70 and not eating a meal within an hour, give carbohydrate and protein snack without insulin coverage.
3. Notify school nurse and parent if no improvement
4. Student should not exercise.

CALL 911 if student becomes unconscious, has seizures, or is unable to swallow
- Turn student on side to ensure open airway
- Give glucagon as ordered. Keep student in recovery position on side
- If on insulin pump, either place it in ‘suspend’ or stop mode, disconnect it at the pigtail or clip, or cut tubing. If pump was removed, send it with EMS to the hospital.
- Notify school nurse, parent and HCP
- Wait 15 minutes; if no response, repeat glucagon.
- If responsive, offer juice. Wait 15 minutes and give protein & carbohydrate snack.

70 – 90

1. If prior to exercise or immediately following strenuous activity and NO meal/snack is planned within 30 minutes, give 15 gm carbohydrate and protein snack.

70 – 90

91-125

Student may eat before exercising or recess.

126-300

No action needed.

Above 300

1. If 2-3 hours since last bolus, treat with correction bolus via pump. Re-check in 2-3 hrs. Trouble shoot pump function.
   - Check for redness at site, tubing for kinks or air bubble, insulin supply
2. If blood glucose still ≥ 300 mg/dl and not explained, check ketones:
   a. If ketones are absent or small, encourage exercise and water
   b. If ketones moderate or large:
      • No exercise; encourage water
      • Add units of insulin per orders via syringe.
3. Change infusion set or continue insulin injections every 2-3 hours via syringe.
4. Notify school nurse and parent
5. Provide free, unrestricted access to water and the restroom.

STUDENT TREATED BY PUMP

15 GM FAST-ACTING CARBOHYDRATE =
- ½ c. Juice
- 3-4 glucose tablets
- Tube of glucose gel
- ½ c. regular (not diet) soda
- 6-7 small sugar candies (to chew)
- 1 c. skim milk

Do not give chocolate

*Never send a child with suspected low blood glucose anywhere alone.*

Exercise and Sports
✓ Assure has quick access to water for hydration, fast-acting carbohydrates, snacks and monitoring equipment.
✓ Student should not exercise if blood glucose level is below 70 mg/dl or if has moderate to large ketones.