Los Angeles Unified School District
Medical Services Division
Non-Diabetes Hypoglycemia Emergency Care Plan

Student's Name: ____ **Date of Birth:** ____________ **Gender:** ☐ Male ☐ Female ☐ non-binary

School: ____ **Grade:** ________ **School Year:** ____________ **Date of Plan:** ________________

Emergency Contact	Home Phone	Work Phone	Cell Phone
Mother/Guardian:			
Father/Guardian:			

Nurse/Trained school personnel	Title	Work Phone	Other Contact Number

Hypoglycemia
(Low Blood Sugar)

NEVER SEND A CHILD WITH SUSPECTED LOW BLOOD SUGAR ANYWHERE ALONE.

CAUSES OF HYPOGLYCEMIA
- Too much insulin
- Missed food
- Delayed meal
- Illness or stress
- Too much exercise

ONSET
- Sudden

SYMPTOMS

MILD
- Headache
- Sweating- cold, clammy skin
- Hunger- stomachache, nausea
- Trembling- dizziness
- Lethargy- fatigue, drowsiness
- Poor coordination- weakness, slurred speech
- Other: ________________________________

Circle student's usual symptoms.

MODERATE
- Personality changes- irritability, crying
- Dazed look- glassy eyes
- Pale appearance
- Blurred or double vision
- Inability to concentrate
- Other: ________________________________

Circle student's usual symptoms.

SEVERE
- Loss of consciousness
- Seizure
- Inability to swallow
- Extreme restlessness- combative

Circle student's usual symptoms.

ACTIONS NEEDED
Notify School Nurse or Trained Diabetes Personnel. If possible, check blood sugar, per [illegible]'s (HCP) order.
When in doubt, always TREAT FOR HYPOGLYCEMIA

MILD-MODERATE
Student may/may not treat self.

Provide quick-sugar source (15 gms) or ***follow I / t's order:*** 3-4 glucose tablet; 4 oz. juice; 4 oz. regular soda or 3 tsp. of sugar packet w/ water

Wait 15 minutes.

Recheck blood glucose.

Repeat food if symptoms persist or blood glucose is less than ___ mg/dL repeat source of sugar. If symptoms persist or blood glucose remains below ___ mg/dL after the third testing, call the school nurse and parents.

When symptoms have subsided, and blood glucose is ___ mg/dL and above and meal is more than an hour away, give appropriate snack of carbohydrate and protein (e.g., cheese and crackers) or follow HCP's order.

SEVERE
- Initiate appropriate emergency procedure
- **Call 911**
- Call the nurse or trained staff
- Administer glucagon injection, Baqsimi or GVoke Hypopen as ordered by HCP.
- Position student on side to minimize the risk of aspiration. And maintain open airway throughout emergency procedures.
- Do not give anything by mouth to a student who is unconscious or having seizure.
- Notify the parent.
- Document in electronic Health Record and on the Nursing Protocol Log.
- Complete iSTAR