

## HYPOGLYCAEMIA 'HYPO' ACTION PLAN – type 1 diabetes

<b>Emergency contact details</b> Ambulance: 000 Hospital: _____ Ph: _____ Doctor: _____ Ph: _____ Diabetes Educator: _____ Ph: _____ Family / Carer: _____ Ph: _____ 24hr Healthdirect - Ph: 1800 022 222	<b>My contact details</b> U.R. No: _____ Surname: _____ Given Name: _____ DOB: _____ Sex/Gender: _____
<b>My low blood glucose (BG) definition</b> <i>A higher BG may be recommended in the aged, for impaired hypoglycaemia awareness or due to other medical conditions.</i>	Treat if BG less than _____ mmol/L even when there are no symptoms. Ensure BG is above 5.0mmol/L before driving.
<b>My 'Hypo' treatment</b> <b>Step 1. Easily absorbed carbohydrate</b> <i>Hypo treatment may be weight dependent in children and young persons.</i> <i>If using an insulin pump and BG between 2.0-3.9mmol/L, do not disconnect the pump.</i> <i>Treatment examples include 4-5 large glucose jellybeans or a ½ can (150 mL) of regular, not 'diet', soft drink.</i>	At home: _____ Out / car: _____
<b>Step 2. Check BG</b> <i>If I repeat step 1 three times and I am still low, I need to seek medical advice immediately.</i>	Monitor BG in 10-15 minutes. If BG still below target, repeat step 1.
<b>Step 3. Longer acting carbohydrate</b> <i>If using an insulin pump, extra carbohydrate may not be required.</i> <i>If your next meal is more than 15-20 minutes away, treatment examples include 1 piece of fruit or 1 glass (250 mL) of milk.</i>	Once BG is above _____ mmol/L. At home: _____ Out / car: _____
<b>Step 4. Monitor risk of repeat 'hypo'</b> <i>Causes of recurrent 'hypos' include excessive or ongoing action of insulin, missed meal, if fasting or unwell, during and after intense physical activity, excessive alcohol use.</i>	Monitor BG ____ hourly for ____ hours. _____ _____
<b>Other issues to consider</b> <i>If unconscious or unable to swallow – I must not be given anything by mouth. My airway must be clear and I am to be positioned on my left side on the floor. An ambulance must be called immediately.</i> <i>If using an insulin pump and BG less than 2.0mmol/L, or unconscious or confused, disconnect the insulin pump tubing from the infusion set immediately.</i>	Glucagon trained person: _____ Medic alert: _____ Notification of driver licensing authority: _____ NDSS Diabetes & Driving booklet given: _____ Workplace: _____ Employment and machinery: _____
When to contact doctor or credentialed diabetes educator	1. If I have had severe hypoglycaemia (e.g. I needed help from someone). 2. If I have _____ mild hypos in a week.
Date: __ / __ / ____	CDE / DE Name: _____ Signature: _____
Date: __ / __ / ____	Person / Carer: _____ Signature: _____