

Risk	Hypoglycaemia Action Plan: _____ Hyperglycaemia Action Plan: _____
When to contact doctor or credentialed diabetes educator	Insulin Titration Clinic: weekly / fortnightly / other _____ If _____ mild hypos in a week If _____ moderate - severe hypo in a week (needed help from another) If _____ results above target glucose in a week (hyperglycaemia)
When to visit your nearest hospital	<ul style="list-style-type: none"> • Glucose greater than 15.0mmol/L for more than 24 hours. • Glucose less than 4.0mmol/L despite 2 hypo treatments. • Blood ketones greater than 0.6mmol/L. • Symptoms of drowsiness, confusion, breathing difficulties or severe abdominal pain. • Vomiting persists for more than 4 hours. • Unable to self-care and support person unable to assist.
Dated:	CDE / DE Name: _____ Sign: _____

Rural Support Service - Diabetes Service

PO Box 3017, Rundle Mall

ADELAIDE SA 5000

email health.diabetesservice@sa.gov.au

www.sahealth.sa.gov.au/regionalhealth