


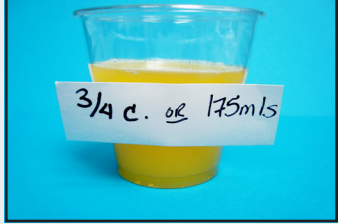

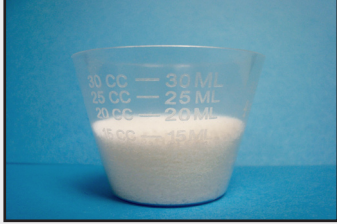



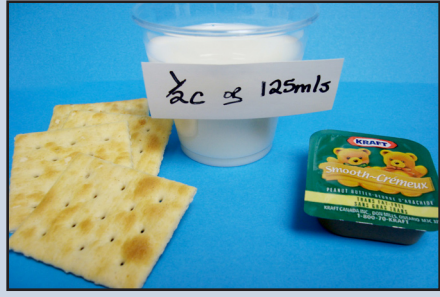




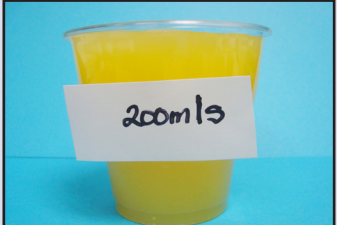

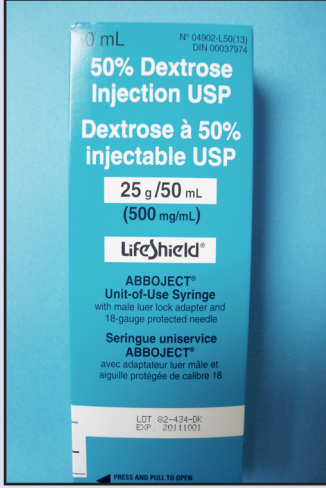





# Diabetes: Managing Low Blood Sugar (Hypoglycemia)

Reversal of Mild, Moderate and Severe: Capital Health Policy and Procedure CCI5-025

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Type	Treatment	Follow-up
<p><b>Mild - Moderate</b></p> <p>Blood Glucose <b>Less than 4mmol/L</b></p> <p><b>Signs &amp; Symptoms</b></p> <p><b>Mild - Autonomic</b></p> <ul style="list-style-type: none"> <li>• Trembling</li> <li>• Palpitations</li> <li>• Anxiety</li> <li>• Hunger</li> <li>• Nausea</li> <li>• Tingling</li> </ul>  <p>Photo Courtesy of office.microsoft.com</p> <p><b>Moderate - above S&amp;S plus Neuroglycopenic</b></p> <ul style="list-style-type: none"> <li>• Difficulty concentrating</li> <li>• Confusion</li> <li>• Weakness</li> <li>• Drowsiness</li> <li>• Vision changes</li> <li>• Difficulty speaking</li> <li>• Headache</li> <li>• Dizziness</li> </ul>  <p>Photo Courtesy of office.microsoft.com</p>	<p>Many patients will not show signs or symptoms of hypoglycemia; however, they should still be treated if blood glucose is less than 4mmol/L. Treat with oral ingestion of 15g of carbohydrate, preferably as glucose or sucrose tablets or solution.</p> <p>Examples of <b>15g</b> carbohydrate</p>     <p>15g glucose in the form of glucose tablets      175mL (3/4 cup) of juice or regular soft drink      15mL (3tsp) or 3 packets of table sugar <b>dissolved in water</b></p> <ul style="list-style-type: none"> <li>• 6 lifesavers (1=2.5g of carbohydrate) (not pictured)</li> <li>• 15 mL (1tbsp) honey (not pictured)</li> </ul> <p>For patients with <b>swallowing difficulties</b>:</p>  <p>1/2 tsp of regular jam or 1/2 cup of applesauce</p> <p>For <b>patients on acarbose</b> use milk, honey or dextrose tablets as this medication delays the digestion of sucrose and starch.</p>	<p>Wait 15 minutes,</p>  <p>Image Courtesy of office.microsoft.com</p> <p>Retest blood glucose</p>  <p>Photo Courtesy of office.microsoft.com</p> <p>and <b>retreat with another 15g of carbohydrate if the blood glucose remains less than 4mmol/L.</b></p> <p><b>Once the hypoglycemia has reversed-</b> Provide patient with usual meal or snack that is due at the time of the day.</p> <p><b>If a meal is more than one hour away, have the patient consume a snack to include 15g carbohydrate and a protein source.</b></p> <p>Examples</p>  <ul style="list-style-type: none"> <li>• 4 crackers with peanut butter &amp; 1/2 cup of milk</li> </ul>  <ul style="list-style-type: none"> <li>• 6 crackers and 1 package of peanut butter</li> <li>• 1 slice of bread with a package of cheese</li> </ul>
<p><b>Severe - Conscious or Unconscious</b></p> <p>Blood Glucose - <b>Less than 2.8mmol/L</b></p> <p><b>Signs &amp; Symptoms</b></p> <p><b>Conscious</b> May be similar to moderate hypoglycemia and <b>may include</b></p> <ul style="list-style-type: none"> <li>• Seizures</li> </ul>  <p>Photo Courtesy of office.microsoft.com</p> <p><b>Unconscious-</b> S&amp;S may be similar to moderate hypoglycemia <b>and may include</b></p> <ul style="list-style-type: none"> <li>• Seizures</li> <li>• <b>Requires protection of airway</b></li> </ul>	<p><b>For the conscious patient, able to swallow and not experiencing a seizure, treat with oral ingestion of 20g of carbohydrate, preferably as glucose tablets or equivalent.</b></p> <p>Examples of <b>20g</b> carbohydrate</p>     <p>20 ml (4tsp) or 4 packets of table sugar <b>dissolved in water</b>      200 ml of juice or regular soft drink      8 lifesavers (1=2.5g of carbohydrate)</p> <ul style="list-style-type: none"> <li>• 20g glucose in the form of glucose tablets (not pictured)</li> <li>• 20 mL (4tsp) honey (not pictured)</li> </ul> <p><b>For the unconscious patient, position to minimize risk and CALL physician:</b> Refer to Hypoglycemia Pre-printed Orders ( PPO0139MR - Adult Severe Hypoglycemia).</p> <p>Start IV with D5W and prepare to give 50% Dextrose. The orders also include follow-up instructions for glucose monitoring and are patient-specific.</p> <p><b>Two standard interventions include:</b></p> <p><b>50% Dextrose</b></p>  <p>50% Dextrose 20-50 mL IV direct, 1-3 minutes</p> <p><b>When IV cannot be established: Glucagon</b></p>  <p>Glucagon 1 mg IM (may repeat every 15 minutes x 2)</p>	<p>Wait 15 minutes,</p>  <p>Image Courtesy of office.microsoft.com</p> <p>Retest blood glucose</p>  <p>Photo Courtesy of office.microsoft.com</p> <p>and <b>retreat with another 15g of carbohydrate if the blood glucose remains less than 4mmol/L.</b></p> <p><b>When conscious and able to eat</b> and if next meal is more than 1 hour away, <b>give 15g carbohydrate snack</b> and a protein source.</p>