

Severe Hypo – Happens very occasionally. Pupil may become very drowsy or lose consciousness and possibly have a fit.

How to treat **Do not give anything by mouth!**

- Place the pupil in the recovery position (lying on one side) in a safe area and call 999 for an ambulance. Notify parent/carer.
- If the pupil uses an insulin pump, disconnect or stop the pump.
- Anyone who has had a severe hypo should contact their diabetes team to review their diabetes treatment.

Diabetes team contact details:

Monday to Friday 9am-5pm

- Diabetes doctors can be reached via the paediatric secretaries on **01952 641222**, ext. **5980** or **5981**
- Diabetes nurses on **01743 450855 option 2 text via ChatHealth 07312 263102** or email **Shropcom.pdsn@nhs.net**
- Diabetes Dietician on **01952 641222** extension **4874**

In an emergency/out of hours

In an emergency during working hours when you cannot reach one of the team above or for out of hours support i.e. after 5pm or at weekends.

References:

- NICE (2022) Diabetes (type 1 and type 2) in children and young people. NICE guideline NG 18 www.nice.org.uk/guidance/ng18
- ISPAD Clinical Practice Consensus Guidelines 2018 – Assessment & management of hypoglycaemia in children & adolescents with diabetes. Abraham M et al *Pediatr Diabetes*. 2018 *Pediatric Diabetes* October 2018; 19(suppl.27):178-192
- Association of children's Diabetes Clinicians Management of Hypoglycaemia in Children and Young People with type 1 Diabetes

Managing Type 1 Diabetes

Hypoglycaemia - Info for schools /nurseries

What is hypoglycaemia?

Hypoglycaemia is the full name for a 'hypo' or low blood glucose level. Hypos occur when

blood glucose levels fall too low for the body to work normally. For most people this happens

when their blood glucose levels fall below 4 mmols/l.

What causes hypos?

Hypos are caused by one or more of the following:-

- Too much insulin
- Not enough food (carbohydrate)
- Delayed or missed meals or snacks
- More exercise than usual
- Hot/cold weather
- Alcohol
- Stress or illness

Signs and symptoms of a hypo

The signs and symptoms of a hypo vary from person to person and people soon learn to recognise their own early warning signs. Hypos are described as being Mild, Moderate or Severe. Everyone with diabetes will have hypos at some time, but they will not become severe if they are recognised and treated early.

Mild Hypo – usually recognised by the person experiencing the hypo.

Signs & Symptoms

- Hunger
- Pallor or paleness
- Dizziness
- Trembling
- Tingling hands, feet, lips or tongue
- Sweating
- Blurred vision
- Difficulty in concentrating
- Palpitations

Moderate Hypo – may not be recognised by the person experiencing the hypo.

Signs

Odd behaviour e.g. Rudeness or silliness

- Bad temper or moodiness
- Confusion
- Aggressive behaviour
- Refusal to cooperate

How to treat:- DO NOT LEAVE THE PUPIL ALONE!

Ensure they carry out a glucose check—see school care plan if using a glucose sensor

Hands should be washed and dried before each blood glucose check to remove any dirt or traces of food. If they need your help to check their blood glucose level, wash your hands too and put on gloves.

If glucose levels is below 4mmols/l, immediately give pupil something sugary to eat or drink (10-20 grams of fast acting carbohydrate)

Once initial treatment given, if blood glucose level is 4.0-5.5mmol/l, the pupil should eat their next meal, or a snack of 10-15g of longer lasting carbohydrate, such as:-

- Sandwich or toast (1 slice of bread)
- Glass of milk (200mls)
- Cereal bar (max 15g carbohydrates)
- Crisps
- Piece of fruit
- 1 plain biscuit such as digestive or oat biscuit, 2 rich tea
- 1 crumpet

NB. If the pupil uses an insulin pump or if glucose levels have risen to above 5.5mmol/l, this longer lasting snack is not always needed. Please refer to the pupil's individual diabetes care plan.

Treating a 'hypo'

