TREATMENT OF HYPOGLYCAEMIA

(If not less than 4mmol/I but symptomatic, give small carbohydrate snack for symptom relief & monitor glucose levels) Hypoglycaemia is a blood glucose of less than 4mmol/I

Severity	MILD Patient conscious and able to swallow	MODERATE Patient conscious and able to swallow, but confused, disorientated, or aggressive	SEVERE Patient unconscious and /or unable to swallow – call MET team on 2222
•		ightharpoons	
Step 1	Administer 20g fast acting Glucose e.g. 5 x Glucotabs (4g glucose per tab) 1 x 60ml bottle of Gluco-Juice 200ml fresh orange juice	Administer 2 tubes of oral Glucose gel 40% (10g Glucose per tube) 1. Ensure gag reflex is present. 2. Squeeze into side of mouth 3. Massage into gums/inner cheek	Check ABCDE Give 100ml of 20% Dextrose IV (over 10-15mins via infusion pump) Or 1mg IM Glucagon if no cannula (intramuscular)
		ightharpoons	
Step 2	Repeat blood glucose every 1s Repeat Step 1 every 15 minutes if blood glucose remains les escalate to a Doctor or I consider 100ml of 20% Dextrose I	Repeat blood glucose every 15 minutes for at least 45 minutes, sat Step 1 every 15 minutes if blood glucose remains less than 4mmol/l lf blood glucose remains less than 4mmol/l at 45 minutes, escalate to a Doctor or Diabetes Specialist Nurse, consider 100ml of 20% Dextrose IV Or 1mg IM Glucagon if no cannula.	Repeat blood glucose after 15 minutes and if still less than 4mmol/l, give further 100ml of 20% Dextrose IV (IV Dextrose & Glucagon must always be prescribed)

Once blood glucose normalised (>4mmol/I) ALWAYS Follow up with a slowly digested carbohydrate

1. Once the patient is stable, the CAUSE of the hypoglycaemic event must be reviewed and IDENTIFIED. (e.g., Two plain digestive biscuits, or a glass of milk, or a banana, or the patients next meal if due)

3. Ensure DIABETES MEDICATIONS and INSULIN doses are REVIEWED, as they may need ALTERATION/REDUCTION. 2. Insulin should NEVER be omitted following an episode of hypoglycaemia

Step 3

(Refer to the STHK Adult Inpatient Diabetes Management Guidelines on the intranet for further information) 4. Ensure appropriate blood glucose MONITORING using the inpatient diabetes blood glucose monitoring chart.

It is the responsibility of the ward to carry out <u>daily review</u> of hypo box contents & replace items as required. **n** Glucojuice and Glucotabs order via stores

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