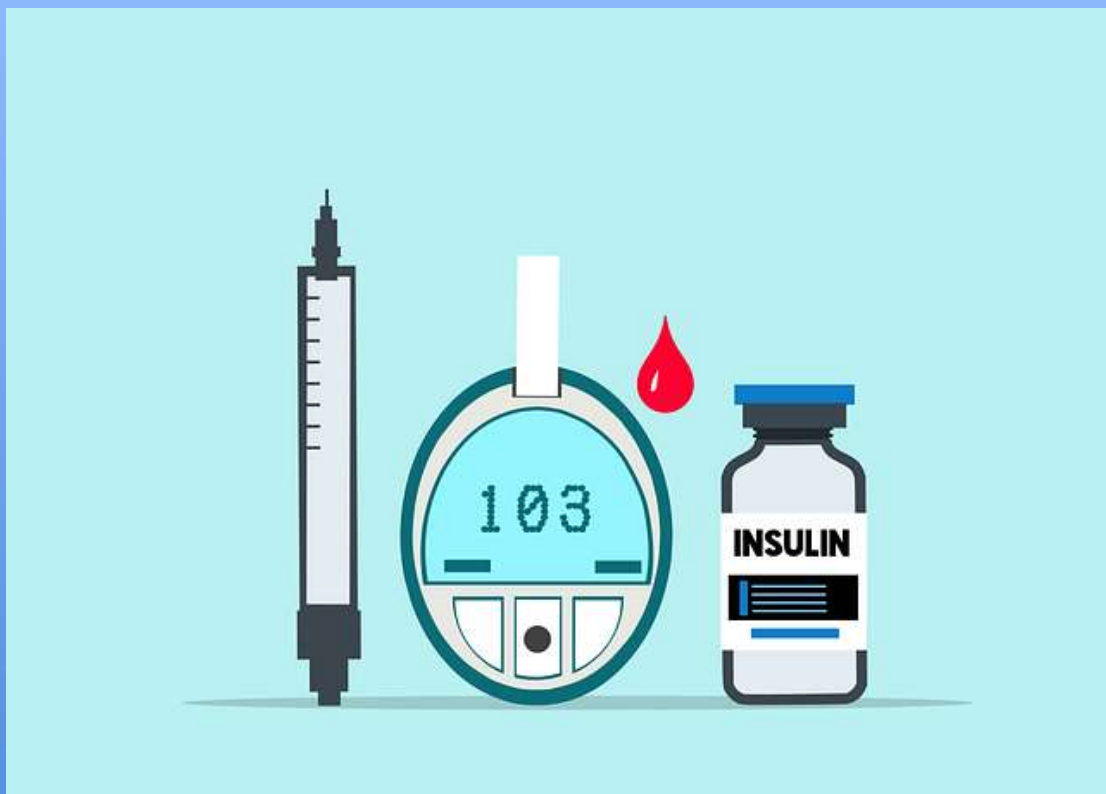


# First Aid For Diabetes

A Life Saving Book for All Diabetics



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Section I

# Introduction

## Introduction.

This guide was compiled by [uderika.com](https://uderika.com), a passionate group of young Nigerian healthcare providers who came together with the aim of empowering individuals with the right medical knowledge. Basically, our aim is to teach you all you need to know about your health so you can and start making informed health decisions.

At [Uderika.com](https://uderika.com), we aim to share all our medical knowledge and break down complex health concepts into simple, easy and fun videos, so that, everyone can understand - *Medicine is not difficult*.

Knowledge of First aid in diabetes is crucial for handling potential complications. Immediate interventions are necessary for diabetic emergencies like low or high blood sugars restore blood sugar balance. Mastering these interventions is key to empowering individuals with diabetes and their caregivers in effectively managing challenges.

## Why this guide

To arm the millions of individuals battling the challenge of diabetes mellitus and to encourage those who are doing a good job in conquering this challenge.

This book serves a dual purpose – to inform and empower. It aims to be a comprehensive resource that teaching you immediate response techniques for diabetic emergencies and we also included long term strategies that will help you prevent these emergencies.

## Glossary of Terms:

**Fasting blood sugar:** Fasting blood sugar is checking the sugar level in your blood after not eating or drinking (except water) for at least 8 hours (usually after an overnight fast).

**Random blood sugar:** Random blood sugar is like taking a spontaneous check at your sugar levels at any time of the day, regardless of when you last ate. It provides a quick, on-the-spot look to see how much sugar is cruising through your blood in that particular moment, giving insights into your sugar levels without waiting for a specific time.

**Insulin:** It's a chemical that acts like a key, helping sugar get from your bloodstream and enter into your cells where it's needed for energy.

**Blood sugar values**

	Fasting	2-3 hours after meal
Normal	80 - 125 <i>mg/dl</i> or 4.4 - 6.9 <i>mmol/l</i>	120 - 140 <i>mg/dl</i> or 6.6 - 7.7 <i>mmol/l</i>
High	Greater than 126 <i>mg/dl</i> or 7.0 <i>mmol/l</i>	Greater than 200 <i>mg/dl</i> or 11.1 <i>mmol/l</i>
Low	Less than 70 <i>mg/dl</i> or 3.8 <i>mmol/l</i>	Less than 70 <i>mg/dl</i> or 3.8 <i>mmol/l</i>

**Blood pressure values**

	Systolic mmHg (upper value)	Diastolic mmHg (lower value)
Normal	Less than 120	Less than 80
Elevated	120 - 129	Less than 80
High blood pressure (Hypertension) stage 1	130 - 139	80 - 89
High blood pressure (Hypertension) stage 2	140 or higher	90 mmHg and higher
High blood pressure (hypertension) stage 3	180 or higher	120 mmHg and higher

Section II

# Diabetic Emergencies & Response Techniques

## A. Low Blood Sugar (Hypoglycemia)

### 1. Causes and Symptoms:

Low blood sugar happens when the level of glucose in your blood drops below normal (usually below 70 mg/dl or 3.9 mmol/l). This can occur for various reasons:

- i. **Skipping Meals or Delayed Meals:** Not eating on time can lead to a drop in blood sugar.
- ii. **Excessive Physical Activity:** Intense exercise without enough food can cause hypoglycemia.
- iii. **Too Much Insulin or Medication:** Taking more insulin or medication than needed can lower blood sugar.
- iv. **Alcohol Consumption:** Drinking alcohol without enough food in your system can lead to low blood sugar.

Common Symptoms of low blood sugar include

- Shakiness or trembling
- Sweating
- Rapid heartbeat
- Confusion or difficulty concentrating
- Irritability
- Hunger
- Headache
- Blurred vision
- Fatigue or weakness

### 2. What you should do next (Immediate Response Techniques):

When you recognize the signs of hypoglycemia, it's crucial to act promptly. Here are some things you should do

- i. Check your blood sugar levels if you can; if not proceed to step ii
- ii. Consume Fast-Acting sugars: Have a quick-acting source of glucose, such as glucose tablets, fruit juice, or regular soda.
- iii. Eat a Snack: Consume a small snack with a mix of carbohydrates and protein, like a piece of fruit with some nuts.

Remember to check your blood sugar after 15 minutes and repeat the steps if needed. Always inform someone around you about your condition and what to do in case of an emergency.

### 3. Long-term Management Strategies:

Preventing hypoglycemia in the long run involves strategic management:

- i. **Regular Monitoring:** Keep track of your blood sugar levels regularly to understand patterns and trends.
- ii. **Balanced Meals and Snacks:** Eat balanced meals and snacks at consistent times to maintain steady blood sugar levels.
- iii. **Medication Adjustment:** Work closely with your healthcare team to adjust insulin or medication dosages as needed.
- iv. **Emergency Kit:** Carry a small emergency kit with fast-acting carbs and information about your condition.

Communicate openly with your doctors & nurses about any recurring episodes of low blood sugar, and together, you can tailor a plan that fits your unique needs. Managing low blood sugar involves a combination of immediate response techniques and long-term strategies for a healthier and more balanced life with diabetes.

## B. High Blood Sugar (Hyperglycemia)

### 1. Causes and Symptoms:

High blood sugar occurs when the level of glucose in your blood goes beyond the normal range (Fasting blood sugar levels greater than 125 mg/dl (6.9mmol/l) or blood sugar levels greater than 180 to 200 mg/dl (10 to 11.1 mmol/l) 2 hours after meal). There are several reasons why this might happen:

- i. **Too Little Insulin:** If your body doesn't have enough insulin or isn't using it effectively.
- ii. **Eating Too Much:** Consuming more carbohydrates than your body can handle.
- iii. **Lack of Physical Activity:** Not getting enough exercise can contribute to higher blood sugar levels.
- iv. **Stress:** Emotional or physical stress can cause a spike in blood sugar.

Common Symptoms of Hyperglycemia include:

- Increased thirst
- Frequent urination
- Fatigue
- Blurred vision
- Headaches



- Slow-healing wounds or sores
- Difficulty concentrating
- Irritability

## 2. What you should do next (Immediate Response Techniques):

When you notice signs of hyperglycemia, here are some immediate response techniques:

- Drink Water: Staying hydrated helps flush out excess sugar. Water is your best friend!
- Take a Short Walk: Gentle physical activity can help lower blood sugar levels.
- Medication: If you are on blood sugar lowering medications & have not been regular on it, please commence & adhere to it ASAP. If regular on medication & you are still getting high blood sugar levels, please visit the hospitals for a review.

## 3. Long-term Management Strategies

Preventing hyperglycemia in the long term involves adopting healthy habits:

- Balanced Eating: Focus on a balanced diet with plenty of vegetables, lean proteins, and whole grains.
- Regular Physical Activity: Incorporate regular exercise into your routine to help manage blood sugar levels.
- Medication Adherence: Take your prescribed medications as directed by your healthcare provider.
- Regular Check-ups: Stay connected with your healthcare team for regular check-ups and adjustments to your treatment plan.

By actively managing your blood sugar levels with these long-term strategies, you can work towards a healthier and more stable lifestyle. Always remember, your healthcare team is there to support you on this journey, so communicate openly about any concerns or questions you may have.

## C. Diabetic Ketoacidosis (DKA)

### 1. Causes and Symptoms:

Diabetic Ketoacidosis (DKA) is a serious condition that can happen when your blood sugar gets **extremely high**. Here's an explanation of its causes and symptoms:

**Causes:** DKA is a complication in diabetes that occurs when the body starts breaking down fat at a very rapid rate because it doesn't have enough fuel. The liver processes the fat into a type of fuel called ketones and ketones make the blood acidic.

**Symptoms:** Watch out for signs like excessive thirst, frequent urination, nausea, vomiting, tummy pain, and a fruity smell on your breath.

**Diagnosis:** DKA can only be diagnosed by a trained health personnel

### 2. Immediate Response Techniques:

If you suspect DKA, it's crucial to act fast. Here are some immediate response techniques:

- Call for Help:
- Rush to the hospital/ emergency
- Hydrate: Drink plenty of water to help flush out the excess ketones in your body.
- Monitor Blood Sugar: Keep an eye on your blood sugar levels, but don't hesitate to seek professional help.

*Remember, DKA is a medical emergency, and timely intervention is crucial. Don't try to manage it at home.*

### 3. Long-term Management Strategies:

Preventing DKA in the long term involves consistent care and attention to your health:

- i. Medication Adherence: Take your prescribed medications regularly and as directed by your healthcare team
- ii. Regular Monitoring: Keep a close eye on your blood sugar levels, especially during illness or times of stress.
- iii. Sick Day Plan: Have a plan in place for when you're unwell, including how to adjust insulin doses and when to seek medical help.
- iv. Education: Learn about the signs of DKA and ensure that your friends and family are aware of what to look out for.

By staying proactive in managing your diabetes and following your healthcare team's guidance, you can significantly reduce the risk of DKA.

Section III

# Psychological & Emotional Aspects

## **A. Addressing Stress and Anxiety during Emergencies**

When it comes to diabetes, stress and anxiety can sometimes sneak up on us. Here's how you can tackle them in simple terms:

### **1. Identify Stressors:**

- Think about what makes you feel stressed or anxious. It could be worrying about blood sugar levels, upcoming doctor visits, or even daily life pressures.

### **2. Deep Breaths Help:**

- When you start feeling stressed, take slow, deep breaths. It can calm your mind and make you feel more in control.

### **3. Talk It Out:**

- Share your feelings with someone you trust – a friend, family member, or even your healthcare team. They can offer support and advice.

### **4. Find Relaxation Techniques:**

- Discover what helps you relax. It could be listening to music, going for a walk, or practicing simple mindfulness exercises.

### **5. Plan Ahead:**

- Having a plan for emergencies can also reduce stress. Knowing you're prepared can make a big difference.

## **B. Support Systems for Diabetics and Caregivers**

Getting support is like having a team cheering you on. Here's how you can build your support system:

### **1. Share Your Journey:**

Talk to your family and friends about diabetes. Help them understand what you're going through.

### **2. Include Them in Your Plan:**

Let your loved ones know about your emergency plan. When they're in the loop, they can assist better during tough times.

3. Ask for Help When Needed:

It's okay to ask for support. If you're feeling overwhelmed, don't hesitate to reach out to those around you.

4. Connect with Other Diabetics:

Joining diabetes support groups or online communities can connect you with people who understand your experiences.

5. Express Gratitude:

Take a moment to appreciate the support you receive. It strengthens your connections and makes you feel more positive.

Remember, facing diabetes is not a solo journey. By addressing stress, building a support system, and including others in your diabetes management, you create a network that makes the road ahead smoother and more manageable.

#### Section IV

# Emergency preparedness

## A. Building Your Diabetes Emergency Kit

Creating a diabetes emergency kit is an easy way to ensure one is always prepared in case of any emergency

Essential Items:

- I. **Glucose Meter:** Your trusty sidekick for checking blood sugar levels. Make sure it's always in your kit with extra test strips.
- II. **Snacks:** Pack some quick-acting snacks like glucose tablets, fruit juice boxes, or non-perishable snacks to treat low blood sugar.
- III. **Emergency Contacts:** Write down a list of emergency contacts – your healthcare team, family members, and friends – in case you need support.

## B. Communicating Your Condition:

Informing your friends and trusted coworkers about your health forms a crucial part of your emergency kit.

- **Letting Friends and Family Know:** Your allies need to know. It is important to share your diabetes status with friends and family, so they know how to support you.
- **Talking to Coworkers:** If you spend a lot of time at your workplace, make sure your coworkers are aware of your condition. They can be your extra set of eyes in case of an emergency.

## C. Putting It All Together:

- **Choose a Portable Bag:** Your emergency kit needs a home. Pick a bag that's easy to carry and won't be forgotten when you're on the go.

- Check for expiry dates: Make it a habit to check your emergency kit regularly. Ensure that medications haven't expired, and all items are in good condition.
- Educate Your Team: Teach friends, family, and coworkers about your emergency kit and where it's kept. They can be your allies in times of need.

## D. Creating Your Personalized Diabetes Emergency Plan

Just like having a map for a journey, your personalized emergency plan is your guide to navigate any twists and turns that diabetes might throw your way. Let's create it:

### 1. Identifying Triggers and Preventive Measures:

- Know Your Triggers: Identify specific situations or factors that can impact your blood sugar levels. It could be stress, illness, or changes in your routine.
- Preventive Measures: Once you know your triggers, plan ahead. If stress is a trigger, consider relaxation techniques. If illness affects you, have a sick day plan ready.

### 2. Establishing Communication Channels with Healthcare Providers:

- Regular Check-ins: Schedule regular check-ups with your healthcare team. They can help you fine-tune your emergency plan based on your unique needs.
- Ask Questions: Don't be shy. If you have doubts or need clarification, ask your healthcare provider. They're there to support you.

### 3. Emergency Contacts and When to Reach Out for Support:

- Who to Include: List emergency contacts, including family, friends, and neighbors who know about your diabetes. Share your emergency plan with them.

#### **When to Reach Out:**

- Low Blood Sugar: If you experience severe or recurrent low blood sugar and need assistance.
- High Blood Sugar: When you're unable to bring down high blood sugar levels with your usual strategies.
- Feeling Unwell: If you're sick and your blood sugar is difficult to manage.



**Putting Your Plan into Action:**

- Write It Down: Document your plan in simple language. Break it down into steps that are easy to follow, ensuring everyone in your support network can understand.
- Emergency Kit Reminder: Remind yourself to check your diabetes emergency kit regularly, ensuring everything is in place.
- Practice Makes Perfect: Do a dry run with your support team. This can help everyone understand their roles and build confidence in your plan.

**Empowering yourself for Action**

Dear Readers,

In the battle against diabetes, knowledge is a powerful weapon. By educating ourselves about diabetes, we wield the ability to make informed decisions, adopt healthier lifestyles, and effectively manage this condition. So, we want to encourage you to keep learning and pushing so as to empower yourselves.

**Uderika Team**

## What next

You have made it to the end of this guide. We just want to say “thank you for investing in your health”. We advise that you always keep this guide at arm’s length, as it may be handy when least expected

We also encourage you to share this guide with relatives and friends.

For feedbacks and comments, please contact us at [hello@uderika.com](mailto:hello@uderika.com)

## ‘LEARN HOW TO CONQUER DIABETES’

I want to encourage you to take advantage of our limited offer Promo on our introductory course on diabetes – Learning how to conquer diabetes. It is a course designed by young Nigerian doctors with the aim of teaching you all you need to know about conquering diabetes. It is fun and easy to follow.

We have a **100% money back guarantee policy** (we will refund you in FULL, if you are not satisfied with the course – *No questions asked*)

By purchasing our course, you also help us in our mission to provide education for a Nigerian child. Thanks



Click [here](#) to access the course.