



Diabetes Emergencies

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Session Aims and Objectives

- Be able to recognise and treat hypoglycaemia
- Discuss the impact of illness and infection in relation to diabetes
- Understand the different presentation of hyperglycaemia for type 1 and type 2 diabetes
- Understand the importance of 'sick-day' rules

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Hypoglycaemia

Hypo=Low

- Lack of Glucose to the brain
- BG level < 4mmol/l
- **Four is the floor**
- **Needs immediate action**
- High risk of hospital admission



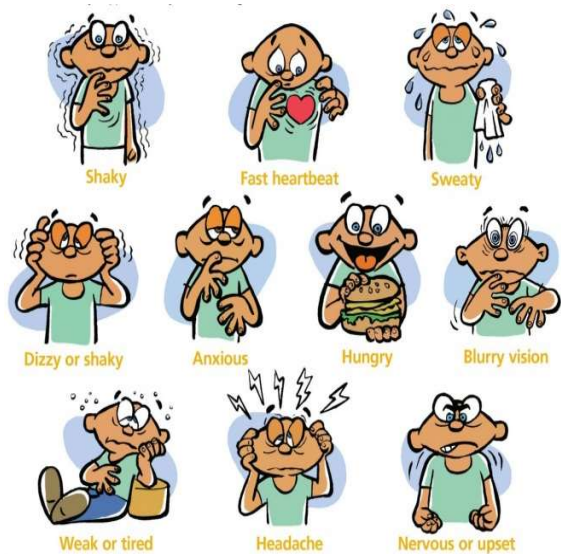
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- Reduced food intake/late meal/missed meal or eating less starchy food than usual
- Increase in activity or exercise
- Over medication/dose too high
- Weight loss
- Renal impairment
- Poor injection sites if injecting

Causes of Hypoglycaemia

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Signs and Symptoms



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Treatment

Quick acting glucose immediately
-ensure patient can swallow

Dextrose tablets- 4-5
 fizzy drink

150ml non-diet

Smooth Orange juice-200mls
 babies

5 large jelly

Wait 5-10mins (patient should look/feel better)
Repeat if no improvement

Blood test may take 15mins to show improvement

Follow up with starchy snack

Bread/cereal/milky drink and biscuits

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<p>Treatment</p>	<p>If patient not co-operative -must have swallow reflex</p> <ul style="list-style-type: none"> • Glucogel, jam, honey or treacle massaged into the cheek. • Repeat after 15 minutes (5-10 minutes if old and frail) or if not improving
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<p>Treatment</p>	<p>Severe Hypo -patient unconscious and unable to swallow</p> <p>Call 999</p> <ul style="list-style-type: none"> • Do not put anything in the mouth. • Place the person in the recovery position. • GlucoGen Hypokit 1mg- if prescribed and administered by competent registered HCP
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Hypo Box

- Part of emergency equipment in practice

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Hyper=High

- Persistently high blood glucose readings
- Delays healing- pressure sores/leg ulcers/feet
- Higher risk of hospital admission
- Increases risk of diabetes-related complications
- Symptomatic

Hyperglycaemia

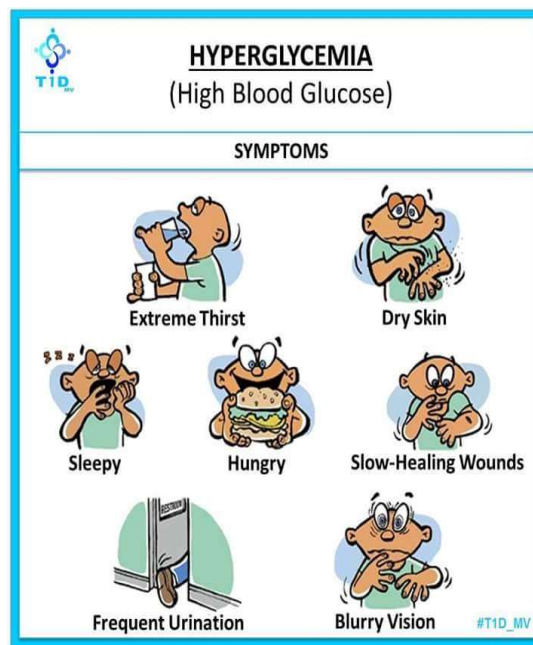
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Possible Causes

- Poorly controlled diabetes
- Mis-management of diabetes
- High sugar diet/too much food
- Weight Gain
- Not enough medication/ omission of therapy
- **Illness/infection**
- **Steroid Treatment**
- Pain and Stress
- If injecting insulin- poor injection sites

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Signs and Symptoms



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Hypo or Hyper?

Signs and Symptoms

HYPOGLYCEMIA SYMPTOMS		HYPERGLYCEMIA SYMPTOMS	
 SWEATING	 PALLOR	 DRY MOUTH	 INCREASED THIRST
 IRRITABILITY	 HUNGER	 WEAKNESS	 HEADACHE
 LACK OF COORDINATION	 SLEEPINESS	 BLURRED VISION	 FREQUENT URINATION

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Diabetes Emergencies	Diabetes keto-acidosis (DKA)	Hyperosmolar Hyperglycaemic State (HHS)
	Type 1 diabetes	Type 2 diabetes
	Quick onset	Slower onset
	Blood glucose levels >14mmol/l	Blood glucose levels >35mmol/l
	Ketones present	Ketones absent
	Insulin deficiency Dehydration Acidosis	Insulin insufficiency Dehydration

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Sick Day Rules

Needs GP referral and assessment

- Increase BG monitoring
- Extra sugar free fluids (4-6pints!!)
- Replacement meals
- Never stop medication
- May need to Increase insulin/medication

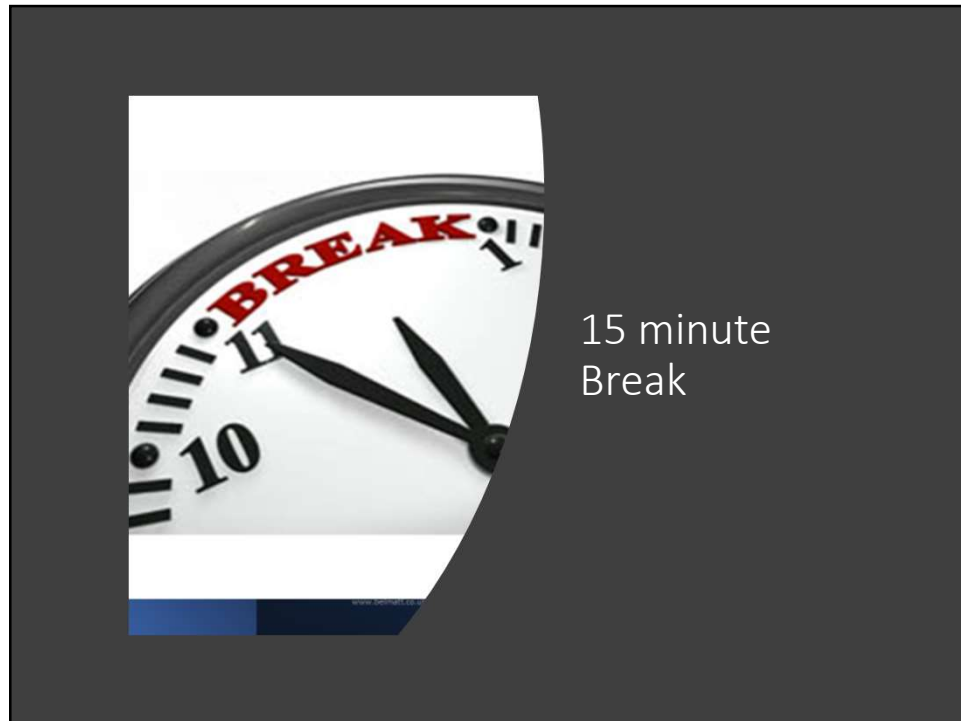
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Blood Meter Use in Practice

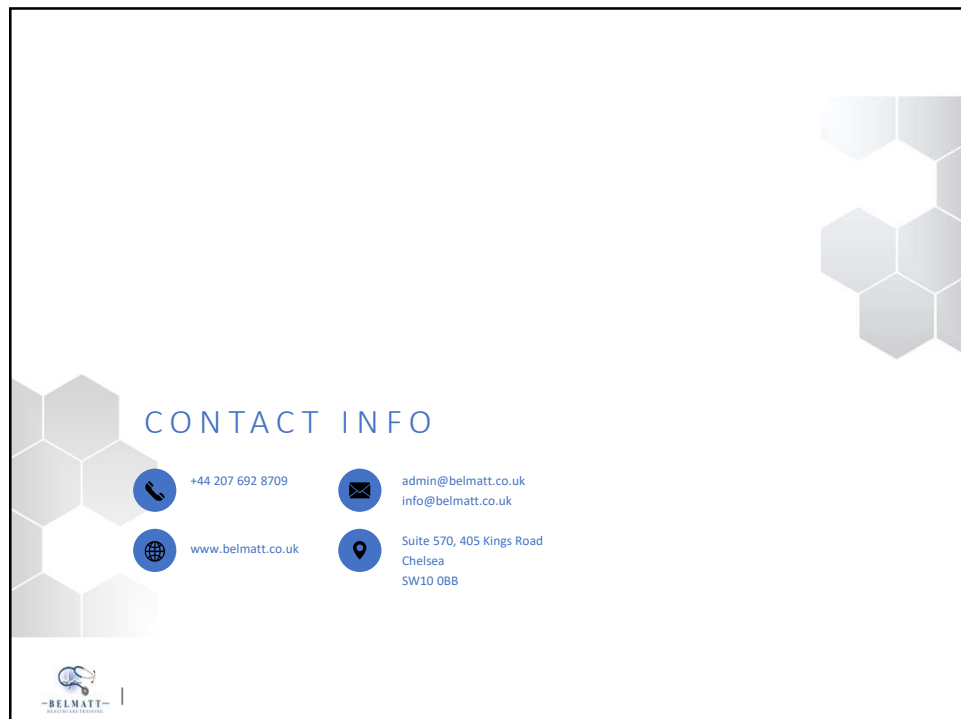
- Essential to be competent in using blood glucose meter
- Understand abnormal readings out of range
- Ability to test both glucose and ketones
- Teach patients correct technique



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