

Hypoglycemia

Aliases

None noted

Patient Care Goals

1. Limit morbidity from hypoglycemia by:
 - a. Describing appropriate use of glucose monitoring
 - b. Treating symptomatic hypoglycemia

Patient Presentation

Inclusion Criteria

1. Patients with blood glucose less than 60 mg/dL with symptoms of hypoglycemia
2. Patients with altered level of consciousness [See [Altered Mental Status Guideline](#)]
3. Patients with stroke symptoms (e.g., hemiparesis, dysarthria) [See [Suspected Stroke/Transient Ischemic Attack Guideline](#)]
4. Patients with seizure [See [Seizures Guideline](#)]
5. Patients with history of diabetes and other medical symptoms
6. Patients with suspected alcohol ingestion
7. Patients with metabolic disorders (glycogen storage disease, fatty oxidation or organic acid disorders, maple syrup urine disease)
8. Patients who appear to be intoxicated

Exclusion Criteria

Patient in cardiac arrest

Patient with normal mental status in absence of inclusion criteria listed above

Patient Management

Assessment

1. Monitoring:
 - a. Check blood glucose level
2. Secondary survey pertinent to altered blood glucose level:
 - a. Evaluate for presence of an automated external insulin delivery device (insulin pump)
 - b. Constitutional: assess for tachycardia and hypotension
 - c. Eyes: assess for sunken eyes from dehydration
 - d. Nose/mouth/ears: assess for dry mucous membranes or tongue bite from seizure
 - e. Neurologic:
 - i. Assess GCS and mental status
 - ii. Assess for focal neurologic deficit: motor and sensory

Treatment and Interventions

1. If altered level of consciousness or stroke, treat per [Altered Mental Status Guideline](#) or [Suspected Stroke/Transient Ischemic Attack Guideline](#) accordingly
2. If blood glucose is 60 mg/dL or less administer one of the following:
 - a. Conscious patient with a patent airway: