

Hyperglycaemia

When blood glucose levels are too high (above 7mmol/L before a meal or 9mmol/L in the 2 hours after eating a meal. this is called hyperglycaemia, also known as a 'hyper' or 'high'.

It's important to be aware that each child or young person will have individual targets and numbers for hyperglycaemia. It's important for all staff to have an awareness of the individuals correction doses and management of hyperglycaemia by reviewing the health care plan.

Symptoms

Some common symptoms of hyperglycaemia can be:

Extreme thirst

Blurry vision

Feeling sick

Needing to wee a lot

Shaking

Headache

Difficulty concentrating

Tiredness

Symptoms can be very individual. Some children and young people have key symptoms and some have no symptoms and may rely on the alerts and alarms from their devices.

It's important that a child or young person is allowed to carry their devices such as their mobile phones, handsets, or insulin pumps as these alerts are very important.

Please refer to the child or young persons care plan for specific symptoms to look out for.

Treatment

It is important to correct high blood glucose as soon as possible with an insulin correction dose. The aim of a correction dose is to lower the glucose level to a normal value.

Treatment for hyperglycaemia is very individual and it is important to refer to the individual health care plan.

It is important to check for ketones when glucose levels are 14mmol/L or higher (or the number specified in the care plan if different).

If you're unsure what to do, the family or the health care team should be contacted for further advice.

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