

## Hypoglycaemia

When blood glucose levels drop to 3.9mmol/L or below, this is called hypoglycaemia, also known as a 'hypo' or 'low'.

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

### Symptoms

Some common symptoms of hypoglycaemia can be:

Sweating

Shaking

Hunger

Feeling anxious

Blurry vision

Dizziness

Difficulty concentrating

Feeling tired

Symptoms can vary from person to person and can be quite subtle, please refer to the child or young persons care plan for specific symptoms to look out for.

### Treatment

Hypoglycaemia should be treated immediately with a fast acting carbohydrate. The aim of a hypo treatment is to raise the glucose level to a normal value.

Some common treatments include:

Glucose/Dextrose tablets

Original Coke or processed fruit juice

Jelly Babies

Glucose shot drink

Lucozade original energy

Each child or young person's treatment type and treatment amounts will be different and these will be stated in the health care plan.

If after 15 minutes (using a blood glucose value) or 20 minutes (using the CGM glucose value) a normal level is not reached, then the hypo treatment needs to be repeated.

Repeat and re-check as needed.

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