

# Daily Diabetes Care Plan for Sophie Elder

Food increases ↑ blood glucose. Insulin reduces ↓ blood glucose. **NEVER** give food without checking care plan

## IDEAL BLOOD GLUCOSE RANGE

> **80** mg/ml to **120** mg/ml

## Hypo GLYCEMIA (Low Blood Glucose)

### Immediate Concern is hypoglycemia

Hypoglycemia, or low blood glucose, may be caused by too little food, too much insulin or extra exercise. Symptoms are sudden and may lead to insulin shock (unconsciousness), which requires an emergency injection of glucagon. Never leave a hypoglycemic child unattended.

- Headache
- Shakiness
- Cold/Clammy
- Weakness
- Dizziness
- Blurred vision
- Confusion
- Sweating
- Pale, moist skin
- Extreme hunger
- Fatigue/tiredness
- Rapid pulse rate
- Shallow breathing
- Seizure

### How to Treat Hypoglycemia:

If blood glucose <50 give **3** glucose tabs

If blood glucose <60 give **2** glucose tabs

If blood glucose <70 give **1** glucose tab

Retest blood glucose after 15-20 minutes.  
Retreat and retest if necessary until blood glucose is within ideal range (70-140 mg/ml).

## Hyper GLYCEMIA (High Blood Glucose)

Hyperglycemia may be caused by too much food, too little insulin, illness or stress. Onset is gradual and left untreated can cause long-term damage or progress to coma. Symptoms include: Extreme thirst, dry skin, frequent urination, and hunger. It is dangerous to exercise when blood glucose is too high.

### How to Treat Hyperglycemia:

If Sophie's blood glucose reading is >200 and rising over three consecutive readings at 20 minute intervals, call Suz or Toby for instructions for a correction dose of insulin.

## Care SUPPLIES

- 1.) Rapid-acting insulin (Humalog)
- 2.) Syringes, Lancets, Alcohol Wipes
- 3.) Glucometer with Test Strips
- 4.) Glucose tablets and snacks

## CONTACT INFORMATION

Suzanne Elder	773-718-2822	773-728-2822
Mother	Cell Phone No.	Home Phone No.
Tobias Elder	773-484-8670	312-341-7854
Father	Cell Phone No.	Office Phone No.
Nancy Levin / Dr. Drobac	847-663-8520	847-479-2652
R.N.-C.D.E / Endocrinologist	Office Phone No.	Doctor's Pager Number

## DAILY ROUTINE

Snacks	Notes
✓ Test	Sophie's can always have snacks. She must test 15 minutes before eating. Sophie can calculate the number of grams of carbohydrates and calculate the correct insulin dosage.
✓ Food	
✓ Insulin	

Lunch	Notes
✓ Test	Test 15 minutes before eating. If Sophie's blood glucose level is above range, administer insulin right before eating. If blood glucose level is high, add correction factor to dose. If low, treat with glucose.
✓ Food	
✓ Insulin	

Exercise	Notes
✓ Test	It is dangerous to exercise when blood glucose is too high. Sophie must test before strenuous exercise. If her blood glucose level is under 80, give her a glucose tab or a 10 gm carbohydrate snack before exercise.
✓ Food	
✗ Insulin	

Treats	Notes
✓ Test	Test 15 minutes before eating and administer insulin dose to match the carbohydrates—I unit of insulin for every 10 gms of carbohydrates. Call parents if there is any questions about carbs or units of insulin.
✓ Food	
✓ Insulin	

## THINGS TO KEEP IN MIND:

- 1 Blood sugar that is too high or too low (out of range) affects cognitive function. It's important that Sophie test her blood sugar before exams to make sure her blood sugar is in range (between 80 and 140 mg/ml) to ensure optimal performance.
- 2 If Sophie's behavior seems "off," she should test her blood glucose. Behavior changes are a common symptom of blood sugar that is out of range.
- 3 It's important that diabetes is managed with kindness and in a way that preserves Sophie's privacy and dignity. There are times when diabetes feels completely overwhelming. That's when she needs the most support from the adults in her life.
- 4 It's important that whatever assistance Sophie may need is provided in a way that does not single her out or make her feel different.
- 5 Sophie knows that caring for diabetes is mandatory and that it is never a reason for not fulfilling her other responsibilities.
- 6 It takes time to learn the rhythm of diabetes care. Whenever there's a question or doubt, feel free to ask Sophie or call Suzanne or Toby.