

Medical Protocol Project

Hyperglycemia

Hyperglycemia is the technical term for high blood glucose (sugar). High blood glucose happens when the body has too little insulin or when the body can't use insulin properly.

What causes hyperglycemia?

- Your client may...
 - have eaten more than planned or exercised less than planned
 - be stressed from an illness, such as a cold or flu
 - be stressed in other ways such as family or school conflicts or relationship problems
- If your client has Type 1 Diabetes, he/she may not have received enough insulin
- If your client has Type 2 Diabetes, his/her body may have enough insulin, but it may not be as effective as it needs to be.

What are symptoms of hyperglycemia?

High blood glucose
High levels of sugar in the urine
Frequent urination
Increased thirst

What do I do if I see symptoms in my client?

- Encourage your client to check his/her blood glucose immediately
- Contact your agency nurse or a healthcare staff at your agency

Important note to non-medical staff:

- Always alert your agency's medical staff if you see symptoms and follow their advice.

Hypoglycemia

Hypoglycemia is the technical term for low blood glucose (sugar). Low blood glucose happens when the body does not have enough glucose for its metabolism.

What causes hypoglycemia?

- Your client may have forgotten to eat
- He/she may have taken too much insulin

What are symptoms of hypoglycemia?

Shakiness	Pale skin color
Dizziness	Clumsy/jerky movements
Sweating	Seizure
Hunger	Difficulty paying attention/confusion
Headache	Tingling sensation around the mouth
Sudden moodiness or behavior changes, such as crying for no apparent reason	

What do I do if I see symptoms in my client?

Encourage your client to ingest at least 15-20 grams of sugars or carbohydrates such as:

- 4 oz. (1/2 cup) of juice or regular soda
- 2 tablespoons of raisins
- 4 - 5 saltine crackers
- 4 teaspoons of sugar
- 1 tablespoon of honey or corn syrup

Once your client has checked his/her blood glucose and treated the hypoglycemia, wait 15 - 20 minutes and recheck the blood glucose level. If the blood glucose is still low and symptoms of hypoglycemia do not go away, repeat the treatment.

Important note to non-medical staff:

Always alert your agency's medical staff if you see symptoms and follow their advice.

The information contained on this card was adapted from materials used by the American Diabetes Association