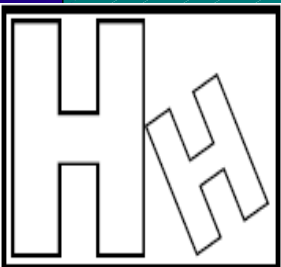
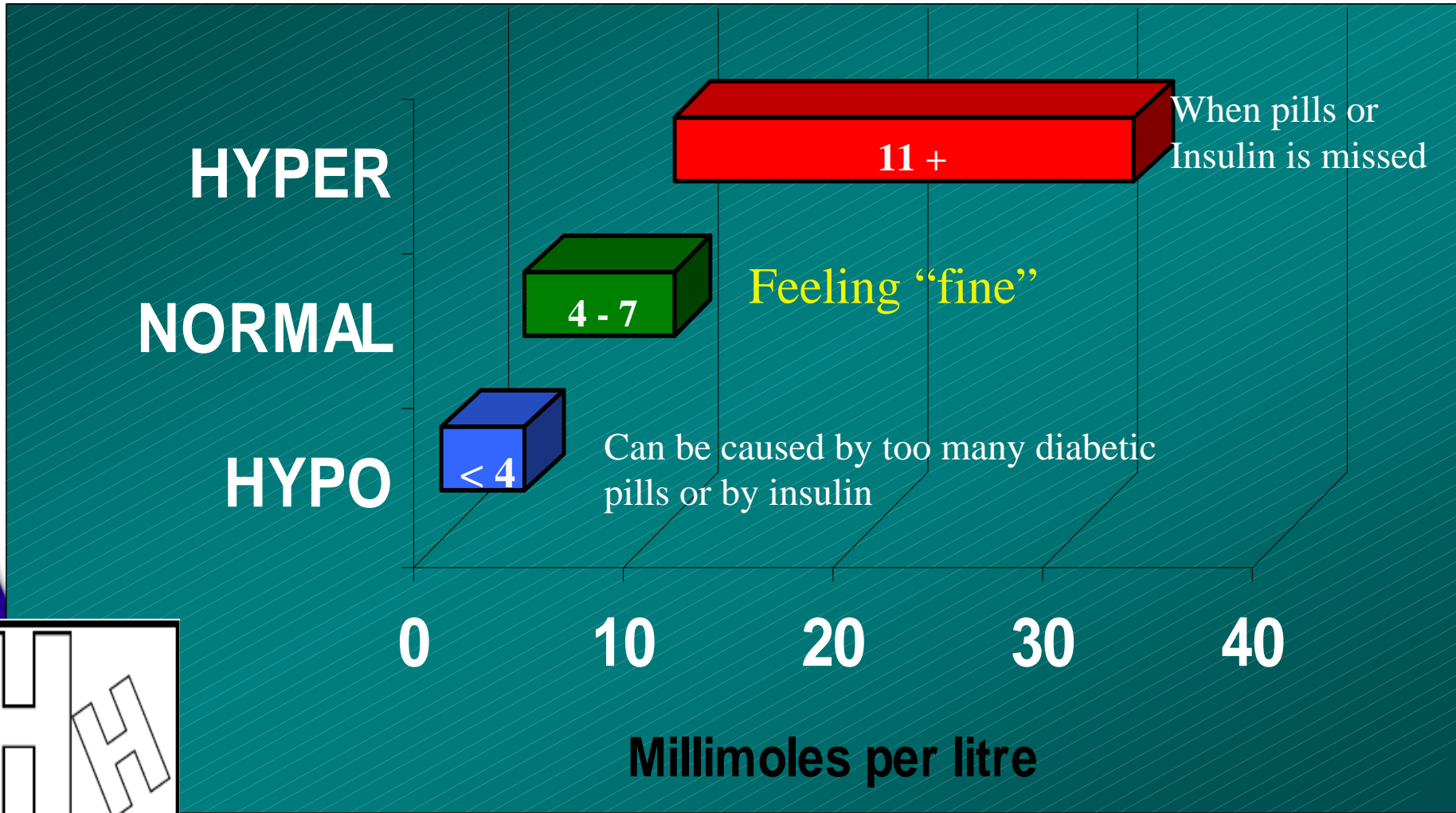


HYPO and **HYPER** Glycaemia

high and low blood sugar



HYPO

HYPER GLYCAEMIA

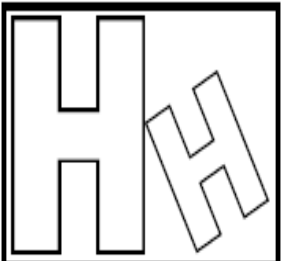
Low blood sugar

High blood sugar

 **HYPO**

 **HYPER**

PULSE	Rapid	Normal
SKIN	Moist & Pale	Flushed & Dry
BEHAVIOUR	Excited or Nervous	Drowsy
BREATHING	Rapid & Shallow	Deep & Laboured
BREATH	Normal	Fruity Odour
VOMITING	Absent	Present
TONGUE	Moist / Numb	Dry
HUNGER	Present	Absent
THIRST	Absent	Present
PAIN	Headache	Abdominal

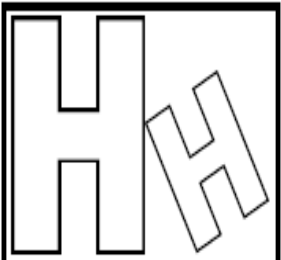


YES! HYPOGLYCAEMIA is identified by the symptoms below:

LOW BLOOD SUGAR = LOW BM

 **HYPOGLYCAEMIA**

PULSE	Rapid	ACTION
SKIN	Moist & Pale	This person requires: GLUCOSE
BEHAVIOUS	Excited or Nervous	
BREATHING	Rapid & Shallow	
BREATH	Normal	
VOMITING	Absent	
TONGUE	Moist / Numb	
HUNGER	Present	
THIRST	Absent	
PAIN	Headache	



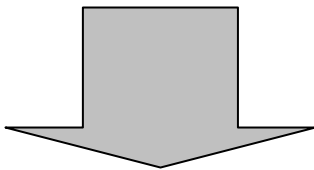
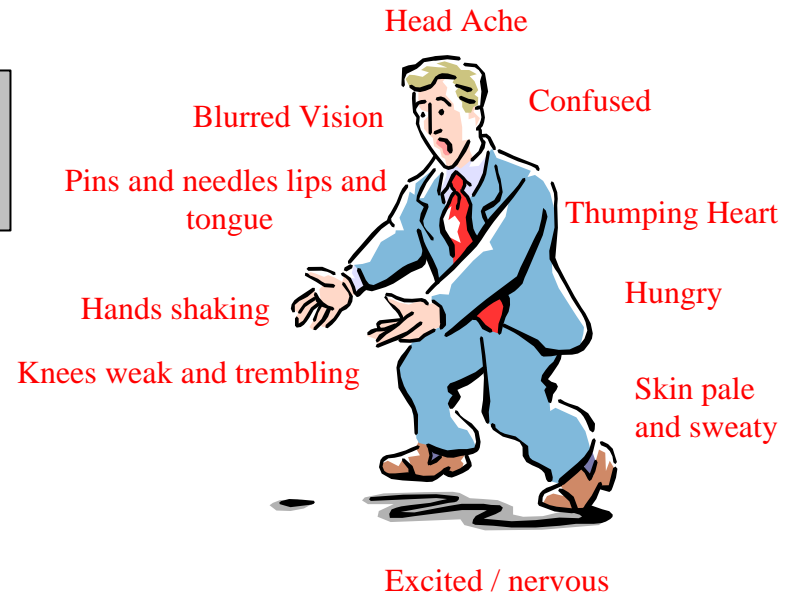
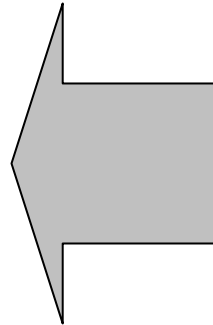
Diabetic emergency: Very low blood sugar

Practical suggestions for low blood sugar treatment.
Also, notify doctor and take BM's.

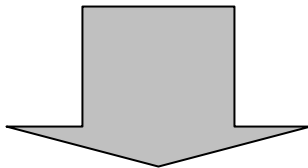
3 – 4 Vita or glucose tabs

2-3 tea spoons sugar in a glass of water

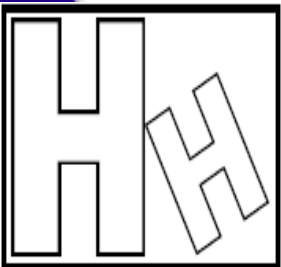
½ glass of cordial or fruit juice



If not improved give more Vita / glucose.



After 10 mins give 1 slice bread or glass milk or two plain biscuits. If close to meal time, have meal.



Insulin Administration Guidelines

- It is best if the person needing the insulin can give it to themselves.
- Train ALL people who administer insulin.
- Assess their knowledge – include practical assessments.
- **NO ONE ELSE SHOULD GIVE INSULIN!**
- If you are a health provider and have an Registered Nurse at work, this person should administer the insulin if the client cannot administer it themselves.
- This Registered Nurse carries the responsibility for Care Staff who might have been delegated this task.
- **DO** have good INSTRUCTIONS & help lines available.

When giving insulin:

- **Always** assess the risk [following the guidelines reduces risk].
- If in doubt **DO SEEK HELP BEFORE** you carry on.

Always seek to increase your own knowledge!

These posters were developed to help nurses and care staff / support workers give out medication safely.
The FREE online digital learning program is on the Healthcare Help website.

