

Quick Guide for School Staff

RECOGNISING AND RESPONDING TO HYPERGLYCAEMIA

Hyperglycaemia (hyper) happens when blood glucose levels become too high. Symptoms often develop gradually and may be less obvious at first.

Common symptoms of hyper

- Excessive thirst
- Frequent trips to the toilet
- Tiredness
- Difficulty concentrating
- Headaches
- Blurred vision
- Dry mouth
- Nausea
- Stomach pain
- Feeling generally unwell

What staff should do if a pupil has a hyper

- ✓ Stay calm and reassure the pupil
- ✓ Allow unrestricted access to drinking water
- ✓ Allow access to toilet facilities as needed
- ✓ Encourage the pupil to check their blood glucose levels if appropriate and in line with their IHCP
- ✓ Support the pupil in following any agreed diabetes management procedures
- ✓ Monitor the pupil for any worsening symptoms

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Watch for signs of diabetic ketoacidosis (DKA)

- Vomiting
- Severe abdominal pain
- Deep or rapid breathing
- Fruity-smelling breath
- Extreme tiredness
- Confusion
- Reduced consciousness

DKA most commonly affects people with Type 1 diabetes, but can also happen to people with Type 2 diabetes who require insulin treatment.

It may also be one of the first signs of undiagnosed Type 1 diabetes, particularly in children and young people.

Call 999 immediately if:

- The pupil develops symptoms of DKA
- The pupil becomes unconscious or unresponsive
- The pupil becomes seriously unwell