

Quick Guide for School Staff

RECOGNISING AND RESPONDING TO HYPOGLYCAEMIA

Hypoglycaemia (hypo) happens when blood glucose levels fall too low. Symptoms can develop quickly and should be treated promptly.

Common symptoms of hypo

- Shaking
- Tingling lips
- Sweating
- Blurred vision
- Looking pale
- Hunger
- Feeling dizzy or light-headed
- Difficulty concentrating
- Confusion
- Heart palpitations
- Slurred speech
- Feeling tired or weak
- Irritability or sudden mood changes
- Anxiety or being unusually emotional

What staff should do if a pupil has a hypo

- ✓ Stay with the pupil and offer reassurance.
- ✓ Follow the pupil's Individual Healthcare Plan
- ✓ Give the fast-acting glucose treatment specified in their IHCP
- ✓ Allow the pupil to rest while symptoms improve
- ✓ Continue to monitor them closely
- ✓ Once recovered, provide any follow-up snack or treatment outlined in their IHCP.

Quick Guide for School Staff

RECOGNISING AND RESPONDING TO HYPOGLYCAEMIA

What to do in a severe hypo emergency

Call 999 immediately if the pupil:

- **Becomes unconscious**
- **Has a seizure**
- **Is not responding normally**
- **Is unable to swallow safely**

Remember

Every pupil's healthcare plan and treatment for hypoglycaemia will be different.

Always follow their individual healthcare plan and the school's medical procedures.

Immediate actions to take:

- Follow your emergency procedures and call for an ambulance
- Stay with the pupil and monitor them continuously until help arrives
- Place them in the recovery position if they lose consciousness
- Do not give food or drink to a pupil who is unconscious or unable to swallow
- Administer a glucagon injection if available, you are trained to do so, and if it is in accordance with their healthcare plan.