

Appendix L: Guidelines for Nurses on How to Manage Hypoglycemia

This information has been updated and replaces the information provided on pages 84 of the original guideline.

<p>Mild and Moderate Lows (<4.0 mmol/L)</p> <p>Individual is able to self-test and treat low blood glucose</p>	<p>Severe Lows (<2.8 mmol/L or unable to swallow)</p> <p>Individual is not able to treat self and requires assistance with treatment of hypoglycemia</p>
Test blood glucose level	Test blood glucose level
<p>Treat with 15 g of fast-acting carbohydrate such as:</p> <ul style="list-style-type: none"> • 5 dextrose tablets (3 g each)*, or • 3 glucose tablets (5 g each)*, or • $\frac{3}{4}$ cup (175 ml) regular pop or • $\frac{3}{4}$ cup juice, or • 3 teaspoons sugar or honey, or • 6 lifesavers 	<p>If conscious and able to swallow treat with 20 g fast-acting carbohydrate:</p> <ul style="list-style-type: none"> • 7 dextrose tablets (3 g each)*, or • 4 glucose tablets (5 g each)*, or • 1 cup (250 ml) of regular pop or • 1 cup juice, or • 4 teaspoons of sugar or honey, or • 8 lifesavers
<p>Pre planning for hypoglycemia should occur if individual is NPO or unable to swallow; an order for IV Dextrose or IM Glucagon should be obtained**.</p>	<p>If unconscious, NPO or unable to swallow give 1 mg Glucagon injection IM (if ordered**) or IV dextrose 20 to 50 ml D50W (if ordered**) and/or call 911 prn. Inform your diabetes team of the event</p>
<p>Repeat blood glucose test again in 15 minutes. Treat again with another 15 g fast-acting carbohydrate if blood glucose remains less than 4.0 mmol/L. Retest in 15 minutes. Continue to retreat and retest until blood glucose is above 4.0 mmol/L</p>	<p>Repeat blood glucose test again in 15 minutes. If blood glucose is less than 4.0 mmol/L, continue to retreat with 15 g fast-acting carbohydrate and retest every 15 minutes until blood glucose is above 4.0 mmol/L If glucagon has been used, follow with carbohydrate as soon as the individual is able to swallow.</p>
<p>If the next meal is more than 60 minutes away, have a snack of 15 g of a starch and include a protein source. For example: $\frac{1}{2}$ cheese sandwich.</p> <p>Explore possible causes of hypoglycemia.</p>	<p>If the next meal is more than 60 minutes away, provide a snack of 15 g of starch and a protein source. For example: $\frac{1}{2}$ cheese sandwich.</p> <p>Explore possible causes of hypoglycemia.</p>

* Treatment required for hypoglycemia if on Glucobay

**An order should be obtained in advance for all clients treated with insulin

Canadian Diabetes Association Clinical Practice Guidelines Expert Committee (2003a). Canadian Diabetes Association 2003 clinical practice guidelines for the prevention and management of diabetes in Canada. *Canadian Journal of Diabetes*, 27(Suppl 2), S43-S45.

Adapted with permission from Canadian Journal of Diabetes. 2003; 27(Suppl 2):S43-S45.