

Emergency Care Plans for Long Term Conditions Type 2 Diabetes

Patient Details

Name:
(forename/surname)

NHS No:

DOB:

GP:
(Registered GP Address:)

Hospital No:

Next of Kin:

Next of Kin Tel No:

Name of Community Practitioner:

Tel:

Mobile:

Action Plan (Self Management)/Signs of Deterioration

Signs & Symptoms to look out for:

- Sweating
- Trembling
- Feeling dizzy
- Hungry
- Headache
- Lack of concentration
- Changes in mood
- Anxiety/Irritability
- Blurred vision
- Tingling in the hands, feet and lips
- Palpitations

Self Management

- Ensure that you are aware your own warning signs of hypoglycaemia
- Eat regular meals and not miss meals
- Make changes to calorie intake to match changes in activity levels
- Reduce alcohol consumption, if appropriate
- Ensure you take your medication at the prescribed time
- Monitor your blood glucose if you have any of the above symptoms
- Ensure your family and friends know what to do if you have low blood sugar
- If concerned, contact the Community Practitioner via DN Referrals on SPA
Tele 0300 330 5444

Action Plan for when your blood sugar falls below the 'normal' range

Step 1 - Treating a Low Blood Sugar

You will need 15 – 20g of fast acting sugar (glucose) to increase your blood glucose level quickly. This may include **one** of the following choices:

- 100ml Lucozade Energy Original (1/4 of a standard [380ml] bottle)
- 3-4 Jelly Babies
- 150ml (1 mini can) of coca cola or ½ a standard can [330ml] of coca cola
- 5-7 Dextrose (Lucozade) tablets
- 4-5 Glucotabs

Allow the glucose to work for approximately 10-15 minutes and then re-check your blood glucose level.

Repeat step 1 if your blood glucose level has not started to rise in this time.

Step 1 can be repeated up to **3 times** if necessary.

Indications for urgent medical attention

Severe Hypoglycaemia

If your blood glucose level is so low that you become unconscious and require assistance from another person, this is known as severe hypoglycaemia.

In this situation, you must **not** be given anything by mouth.

If you have been prescribed Glucagon and someone close to you can administer it, then Glucagon should be given by injection promptly.

An ambulance should be called immediately.

Information for Emergency Services

Allergies:

Medications:

--

Past Medical History:

--

Normal baseline observations

Blood Pressure:	Heart Rate:	Respiratory Rate:
Oxygen Saturations:	MRC (Dyspnoea Scale):	Temperature:

Professional Network

Name	Address	Phone no	Relationship to Patient

Name:

Signature:

Designation:

Date: