

Diabetes & Low Blood Sugar

MODULE 3



Diabetes & Low Blood Sugar

Diabetes occurs when blood glucose (sugar) levels are raised due to problems producing or processing insulin. Diabetes may be genetic, pregnancy related or caused by obesity or illness and may be type 1 or type 2.



Type 1 Diabetes Symptoms



frequent urination



irritability



weight loss



blurred vision



increased thirst



extreme hunger



fatigue

- This usually develops early in life and is the most common type of diabetes in children.
- It occurs when the body is unable to produce any insulin.
- Type 1 diabetes is treated with insulin injections, or by using an insulin pump



**frequent need
to urinate**



excessive thirst



**sever hunger
urges**



**slow healing
wounds**



blurred vision



extreme fatigue



nerve tingling



**unexplained
weight loss**



**cuts and bruises
that are slow
to heal**

Type 2 Diabetes Symptoms

- Tends to develop later in life, and it often has links with obesity.
- Type 2 diabetes develops when the body is unable to make enough insulin, or when it produces insulin, but this does not work properly (known as insulin resistance).
- Diet, exercise, or oral medication – or a combination of all 3-control type 2 Diabetes.

Signs and Symptoms of Low Blood Sugar

Hypoglycemia (Low)



Normal



Behaving unusually

Could appear slightly confused or drunk

They have shallow, rapid breathing and a fast, strong pulse

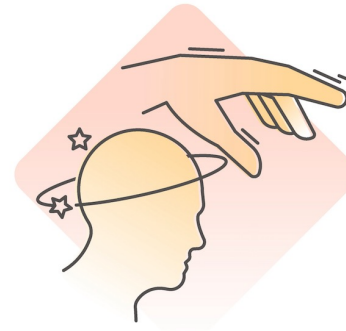
May be aggressive

Might be pale, cold, shaky, and sweaty

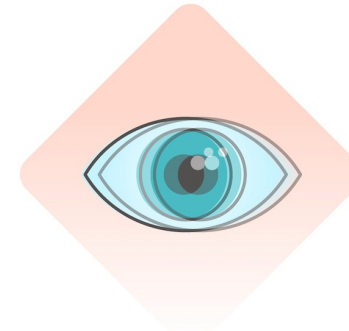
They could have seizures.

Low Blood Sugar (Hypoglycemia) Warning Signs

- Blood glucose levels can drop very fast if someone who is diabetic has skipped a meal, taken a lot of exercise, if they are ill, or took too much insulin.
- If this is not treated quickly, they can rapidly start to lose consciousness and fall into a diabetic coma. This can be fatal.



Shaky or Dizzy



Blurry Vision



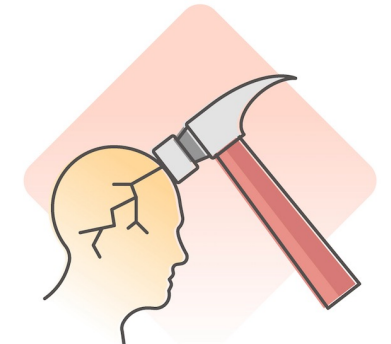
Sweaty



Weak or Tired



Upset or Nervous



Headache



Hungry



Treatment for Low Blood Sugar

1. Stay calm call 911 and Public Safety at (650 – 738 – 7000)
2. If rescuer suspects low blood sugar, (patient provides his or her own glucose level, states that their blood sugar is low, and/or patient displays medical alert tag) continue with step 3.
3. Sit them down and give them a sugary drink, or glucose sweets (not a diet drink).
 - Do Not give anything orally (PO) if patient is too altered to eat and drink
 - Glucose pastes and sweets are high density sugars that diabetics may carry in case of an emergency.
 - Ask patient if they have diabetic foods on their person that you may assist them during consumption
4. If they begin to feel better, give more drinks and some food, particularly biscuits or bread to sustain their blood sugar – a peanut butter and jam sandwich is great.
5. In case they don't feel better within 10 minutes, or they begin to get worse phone the emergency services.
6. If they lose consciousness but are breathing, put into the recovery position and update emergency services.
7. If they stop breathing, prepare to give CPR.

Treatment for Low Blood Sugar Cont.

- Do not attempt to give an unconscious patient anything to eat or drink, and **never** give them insulin as this will further lower their blood sugar and could be fatal.
- Even if someone appears to have recovered, ensure they receive urgent medical advice.
- This is particularly important at night, as insulin will still be active in the blood stream while they are asleep, and the blood sugar levels will therefore drop again, and they could drift from sleeping to unconsciousness. In other words, call 911 and ensure the patient is assessed by on scene paramedics.

