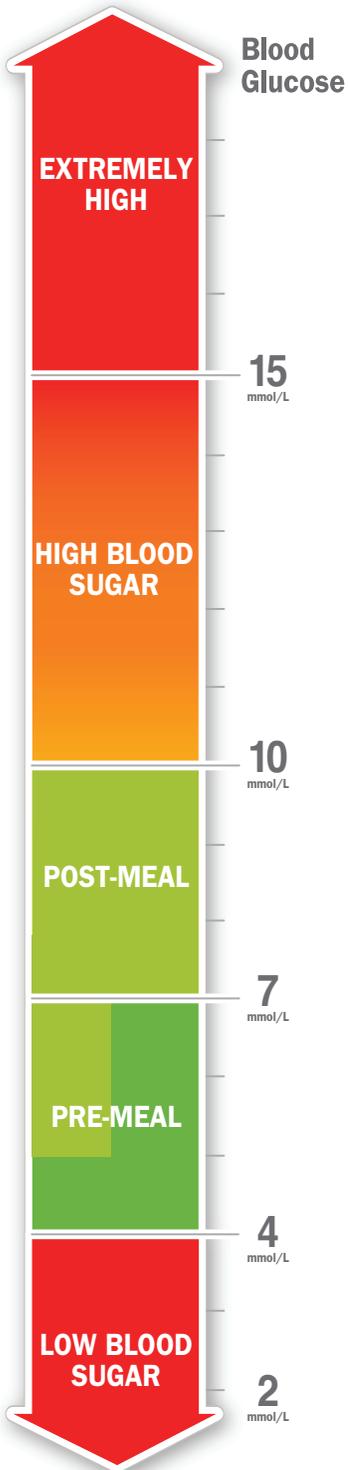


Hypoglycemia

Hypoglycemia happens when blood sugar levels fall below 4.0mmol/L. The resident will develop mild to moderate or even severe symptoms depending on the level of blood glucose. Mild to moderate symptoms respond to the administration of 15gm of carbohydrate. Severe symptoms (blood glucose < 2.8mmol/L) require the assistance of a caregiver and unconsciousness may occur.



Symptoms of Hypoglycemia

Symptoms will vary depending on blood sugar levels.

Severe Symptoms

(blood glucose less than 2.8mmol/L)

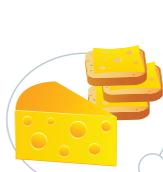


Drowsiness



Unconsciousness

Mild to Moderate Symptoms



Trembling or shaking



Nausea



Dizziness



Confusion



Palpitations (Fast heart rate)



Hunger



Anxiety



Sweating



Headache



Weakness



Vision Changes

Treatment of Mild and Moderate Lows

Test your blood sugar and if it is less than 4mmol/L, eat or drink 15gm of carbohydrate such as ONE of the following:

- ¾ cup of juice or regular soft drink
- 6 LifeSavers (1=2.5gm of carbohydrate)
- 1 tablespoon (15ml) of honey
- 3 packets or 3 teaspoons (15ml) of table sugar dissolved in water
- 15gm of glucose in the form of glucose tablets

WAIT 15 minutes then retest your blood sugar. If blood sugar remains less than 4.0mmol/L, treat again with another 15gm of carbohydrate. Once your blood sugar is in normal range **EAT** your next meal at its regular time. If your usual meal is more than 1 hour away, eat a snack that includes 15gms of carbohydrate and a portion of protein such as one of the following:

- 1 slice of bread with 2 tablespoons peanut butter
- 7 crackers with 1-1 ½ ounce of cheese

Prevention

Test frequently (before meals and 2 hours after meals), be familiar with the resident's blood sugar levels, their daily activities and ensure their meals are planned at regular intervals. These steps will enhance the well-being of the resident and improve Diabetes management in your home.

Recommended Targets

TARGETS	A1C	BEFORE MEAL	2 HRS AFTER MEAL
For most residents with diabetes*	≤ 7%	4.0-7.0 mmol/L	5.0-10.0 mmol/L

*Treatment goals must be tailored to the individual resident, with consideration given to individual risk factors. Glycemic targets for children ≤ 12 years and pregnant women differ from these targets.

References:
1. Canadian Diabetes Association 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada 2. Practical Diabetes Management 2005 Canadian Diabetes Association

We invite you to learn more.
1-855-272-5656

Information presented is for educational purposes only and requires proper training before using. Consult the appropriate health care professional before using this information.

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