

TREAT DIABETES

Always remember to call 000 in case of an emergency

HYPERGLYCAEMIA

(High Blood Sugar)

Causes may include:

- Illness or Infection
- High levels of stress
- Low insulin/medication levels
- Incorrect medication

Symptoms may include:

- Weight loss
- Lack of energy
- Distorted vision
- Infections (e.g. Cystitis)
- Loss of conscious
- Extreme thirst
- Pass large amount of urine

Onset:

Remain wary as an adult as the symptoms may start to show hours even days after abnormally high blood sugar levels begin

HYPOGLYCAEMIA

(Low Blood Sugar)

Causes may include:

- High alcohol consumption
- Skipping meals
- High insulin/medication levels
- Excessive exercise

Symptoms may include:

- Hunger
- Feeling weak or shaky
- Clammy skin
- Headaches
- Loss of conscious
- Extreme thirst
- Light headed or Dizzy

Onset:

Low Blood Sugar has a rapid onset and when it occurs the symptoms appear almost straight away

BASIC DIABETES TREATMENT

(If unsure at any time call 000)

IF THE PATIENT IS CONSCIOUS

- Help the patient into a half sitting position (Back propped & legs straight out in front, slightly bent)
- Suspected low blood pressure? Consume jellybeans, soft drink or other sugary food
- However if the patients next meal is more than 20 minutes away, encourage them to also eat a slower acting carbohydrate such as a muesli bar, bread or fruit
- Monitor patient for any improvement

IF THE PATIENT IS UNCONSCIOUS

- Immediately place patient onto their side
- Do not attempt to feed the patient
- Call 000 & monitor the patients ABC while waiting for paramedics to arrive