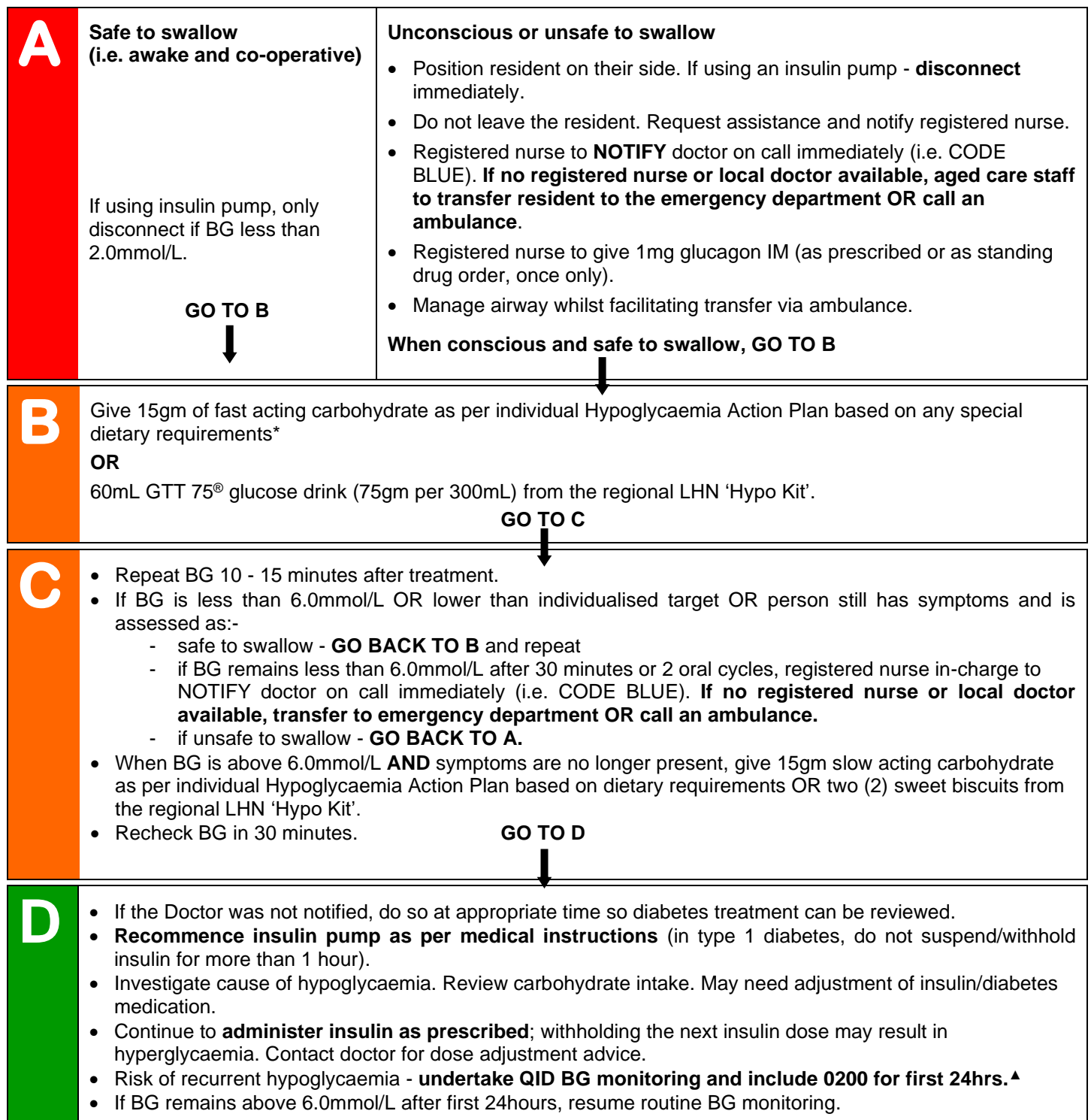


## Treatment of hypoglycaemia in residential aged care

**Indications:** Blood glucose (BG) less than 6.0mmol/L OR below the resident's BG target range **irrespective** of symptoms (see Leecare Diabetes Management Plan or Resident's Care Plan).

**Residents with diabetes:** at risk of hypoglycaemia (e.g. prescribed insulin and/or sulfonylurea).



**\*Alternatives for individual or regional LHN Hypo Kit** are dependent on resident's capacity to swallow and dietary requirements (e.g. texture-modified food, thickened fluids).

**Fast acting carbohydrate**

- 150mL fruit Juice **OR** 180mL regular (not diet) soft drink **OR** 6 - 7 jelly beans.

**Slow acting carbohydrate**

- 1 slice of bread **OR** 1 piece of fruit **OR** 100mL of puree fruit **OR** 6 Jatz crackers.

**Important points** - observe pulse and BP with event

- Ensure adequate carbohydrate with meals to replenish the liver glucose stores.
- ▲If hypoglycaemia event was severe (e.g. BG less than 2.0mmol/L, unconscious or resident is assessed as unsafe to swallow) or was prolonged (greater than 30 minutes), the resident should be transferred to the emergency department (via ambulance if required) for further assessment.
- Restock the individual or regional LHN Hypo Kit used - discard all opened items.