



CHSAA SMAC Alert

DIABETIC EMERGENCY PROTOCOL



November is National Diabetes Month

HYPOGLYCEMIA (LOW BLOOD SUGAR)

Hypoglycemia (low blood sugar) is a potentially life-threatening condition in which too little glucose is in the blood.

SYMPTOMS

Athlete tells you they feel "low" (some can feel low blood sugar) | Irritability, anxiety | Lightheaded | Trembling, shaky | Weakness | Pale and sweaty | Rapid heartbeat/rapid breathing | Confusion | Loss of consciousness | Seizure

MANAGEMENT OF HYPOGLYCEMIA (LOW BLOOD SUGAR)

- Activate EMS by calling 911 if athlete is disoriented, loses consciousness or does not improve within 10 minutes of treatment.
- Stop all exercise.
- If athlete is alert and cooperative, give sugar; for example, 6 ounces of fruit juice, 6 ounces of non-diet soda or 1 tablespoon of honey or table sugar, repeat in 10-15 minutes if needed.
- Check blood sugar with glucometer if athlete is able to do so.
- Contact parent/guardian.
- Notify parent/guardian of low blood sugar and symptoms immediately.

HYPERGLYCEMIA (HIGH BLOOD SUGAR)

Hyperglycemia (high blood sugar) is a condition in which too much glucose (sugar) is present in the blood.

SYMPTOMS

Dry, hot skin | Breath has a "fruity" odor | Nausea, vomiting and/or abdominal pain | Dry mouth, dehydration | Excessive thirst and frequent urination | Unusual fatigue, sleepiness, inattention | Rapid deep breathing | Loss of consciousness or confusion

MANAGEMENT OF HYPERGLYCEMIA (HIGH BLOOD SUGAR)

- Active EMS by calling 911 if athlete is confused, responds inappropriately or unconscious
- Stop all exercise
- If athlete is alert and cooperative, hydrate with water
- Have the athlete measure their blood sugar if possible
- If athlete is alert and cooperative, have them administer their insulin
- Notify parent/guardian of high blood sugar and symptoms immediately

PREVENTION

It is the responsibility of the athlete/legal guardian to notify his or her coach/school/athletic trainer if they have been diagnosed with one of these conditions at any time.

- Coaches should know if their athlete has diabetes.
- Diabetics should wear a medical alert bracelet with details of their diagnosis.
- Diabetics should always have a source of sugar with them at every practice/game in case of low blood sugar and must carry snacks and meals when traveling.
- Diabetics in whom the disease is poorly controlled, or whose blood sugar is high (>180 mg/dl) or low (<70 mg/dl) should not exercise until they have improved blood sugar control.
- Diabetic athletes must have a diabetes care plan from their medical provider which includes guidance on measuring blood glucose levels before, during and after exercise and how to adjust food and insulin doses in response to blood sugar levels and exercise.
- Most athletes with diabetes require a snack of complex carbohydrate prior to any exercise, with additional snack for every hour of exercise. Give the athlete breaks for hydration, snacks and blood sugar checks.
- Condition gradually at the start of the season
- Warm up for exercise
- Limit exercise in extreme heat or cold