



# Low glucose levels (Hypoglycaemia)

Each student with type 1 diabetes will have an individual glucose target range that they aim to stay within. Glucose levels out of range can impact on learning. A low glucose level (hypoglycaemia) is a level below a student's target blood glucose range (commonly below 4 mmol/L).

A blood glucose level less than 4 mmol/L is considered a low glucose level. This is also known as hypoglycaemia or a hypo. All students with type 1 diabetes will have a low glucose level range from time to time.





## Low glucose levels (Hypoglycaemia)

Keeping glucose levels in target requires a balance between insulin, carbohydrates and activity.

Common reasons why a glucose level may go low include:

- A missed, delayed or interrupted meal, or not enough carbohydrates
- Too much insulin
- Being more physically active than usual or unscheduled activity

### Signs and symptoms of a low glucose level may include:

- Unwell
- Shaking
- Pale Skin
- Sweating
- Unusual Behaviour
- Hungry
- Tired or Weak
- Headache
- Dizzy

A severe low glucose level is one where a student can not manage by themselves, and they need support from someone else. A severe low is a diabetes emergency.

### Signs and symptoms of a severe low glucose level may include:

- Confusion
- Slurred speech
- Unconsciousness

## Diabetes Management Plan

Each student will have a Diabetes Management Plan which will describe the signs and specific actions required for treating a low glucose level.

## Reasonable adjustments

Reasonable adjustments are supportive actions that schools make to support a student with their diabetes management so they can fully participate in school life. Examples of reasonable adjustments may include:

- A low glucose level requires immediate attention. A hypo kit should always be close by.
- Always treat the student's low glucose level where they are, don't walk them to the sick room or office.
- Never leave the student alone.

## Management of a low glucose levels

The aim of treating a low glucose is to return the students glucose level back into their target range. This is done by giving them quickly absorbed or fast acting carbohydrates. Follow their diabetes action or management plan for the specific actions to take for your student.

