

Hypoglycemia management for diabetes patients in Hospital setting

Hypoglycemia is defined as blood glucose below 70 mg/dl. Hypoglycemia is a serious condition and should be treated as an emergency regardless of level of consciousness

Reference: (Sandra 2013)



Signs and symptoms



.For enteral feeding patients give 70 ml ensure plus juice or 3 teaspoon of dissolved sugar via tube.

.Once glucose more than 70 mg/dl restart feed or start IV 10% glucose at 100 ml /hour as per doctors order

MILD

Patient conscious, oriented and able to swallow



120 ml sweetened fruit juice, 3 teaspoons of sugar, 2-3 piece dates

Check blood sugar after 15 minutes and if blood sugar is less than 70 mg/dl repeat blood sugar up to 3 times .if still hypoglycemic call doctor and consider iv 10 % dextrose or 1 mg Glucagon IM

MODERATE

Patient is conscious and able to swallow, but confused, disoriented or aggressive

If capable and cooperative treat with sweetened juice, sugar and dates

Check blood sugar after 10- 15 minutes and if blood sugar is less than 70 mg/dl repeat blood sugar up to 3 times, if still ineffective use 1 mg Glucagon IM as per doctors order.

If still hypoglycemic or deteriorating at any stage, call doctor and consider IV Glucose

SEVERE

Patient unconscious or very aggressive/NPO

Check ABC, stop IV insulin, contact doctor urgently. Give 150-200 ml of 10% glucose over 15 minutes. If patient suitable for IV Glucagon give 1 mg Glucagon IM as per doctors order. Recheck glucose after 10-15 minutes and if still less than 70 mg/dl repeat treatment up to 3 times.

If glucose now above 70 mg/dl follow up the treatment as per moderate hypoglycemia protocol.

If the patient is nil by mouth ,once glucose more than 70 mg/dl give 10% glucose infusion at 100 ml /hour until the physician review

Remember....

- Do not omit subsequent doses of insulin
- Continue blood sugar monitoring for 24-48 hours
- Review insulin or oral hypoglycemic doses
- Special precaution must be taken with Cardiac, Renal or Liver failure patients.
- Administer the Glucagon tablet in a paste form

Blood glucose now be above 70 mg/dl give long acting carbohydrates like 2 biscuits/slice of bread/300 ml of milk/next meal if due. If IM Glucagon has been used give 40 grams of long acting carbohydrate

-Lippincott Manual Of Nursing Practice, Sandra M Nettina, 10th edition 2013, pages from 945-952

-NPP/RH/001-CPG Internal Medicine, April 2017