Procedure for High Blood Glucose
Hyperglycemia

<table>
<thead>
<tr>
<th>Student:</th>
<th>DOB:</th>
<th>School:</th>
<th>Grade:</th>
</tr>
</thead>
</table>

**Equipment and Supplies**
1. Blood Glucose meter kit
2. Water Bottle
3. Insulin supplies (if indicated)

**Essential Steps**

1. Test blood glucose per procedure.

2. Initiate care per physician authorization consent page. This may include insulin administration and checking for ketones (refer to appropriate procedures) and possibly activity restriction (refer to physician authorization/parent consent page, “Exercise”).

3. If student is thirsty or has dry mucous membranes, provide fluids as tolerated.

4. If student is feeling OK, resume classroom activities. If student does not feel well (nausea, lethargy, headache) the parents should be called to take the child home.

5. If student develops severe stomach pains, vomiting and/or rapid breathing, call paramedics, parent and Resource Nurse immediately.


**Key Points & Precautions**

- Exercising when ketones are present may elevate blood glucose levels even further.
- If student resumes classroom activities, he/she may use a water bottle in class for symptoms of thirst and/or dehydration.
- Notify the Resource Nurse so follow up care can be ensured.
- Resource Nurse or parent will notify the healthcare provider.

---

**Standard Procedure for Testing Urine Ketones**

<table>
<thead>
<tr>
<th>Essential Steps</th>
<th>Key Points &amp; Precautions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Saturate the test strip with urine by one of the following:</td>
<td>If assisting the student, wear disposable gloves during this procedure.</td>
</tr>
<tr>
<td>- Student to hold test strip in urine flow.</td>
<td></td>
</tr>
<tr>
<td>- Student to urinate in cup/jar, strip is dipped into urine.</td>
<td></td>
</tr>
<tr>
<td>2. Wait for test strip to develop per directions on test strip bottle.</td>
<td></td>
</tr>
<tr>
<td>3. Compare color of strip to chart on bottle. Results will be read as negative, small, moderate, or large.</td>
<td></td>
</tr>
<tr>
<td>- If results are moderate or large, call parent to take student home for observation and/or medical care.</td>
<td></td>
</tr>
<tr>
<td>4. Record results on Procedure Log</td>
<td></td>
</tr>
</tbody>
</table>