

## **Glucose Precautions**

### **What is diabetes?**

Diabetes is where the blood glucose levels in the body are too high. There are two types. Type I and Type II. Having low or high blood sugar can lead to other issues in the body and can cause complications to other pre-existing conditions.

### **What does high blood sugar (hyperglycemia) look like?**

If your patient is experiencing the following symptoms, their blood sugar may be high (Hyperglycemia)

- Increased thirst
- Increased urination
- Short of breath with a fruity odor
- Nausea/Vomiting
- Dry Mouth

### **What does low blood sugar (hypoglycemia) look like?**

If your patient is experiencing the following symptoms, their blood sugar may be low (Hypoglycemia)

- Nervousness/Shakiness
- Sweating
- Chills
- Lightheadedness
- Nausea
- Headaches
- Rapid Heartbeat

**FLIP OVER FOR HHA ACTIONS/INTERVENTIONS**

## **Heal at Home Staff Task/Actions**

### **Hyperglycemia Intervention:**

Observe for signs/symptoms of hyperglycemia, Accu-Check > 240, increased urination, increased thirst, fatigue, shortness of breath with a fruity odor, nausea, vomiting, and dry mouth. Notify RN Case Manager or office 317-429-9875

### **Hypoglycemia Intervention:**

Observe for signs/symptoms of hypoglycemia, nervousness, shakiness, sweating, chills, clamminess, irritability, confusion, rapid heartbeat, lightheadedness, hunger, nausea, headaches, progression to seizures and or unconsciousness. Have pt. perform Accu-Chek if able (blood sugar <70 indicates hypoglycemia). If pt. is alert have patient eat or drink a concentrated sweet (1/2 cup of juice, sweet beverage, candy, 1 cup of milk or add a tablespoon of sugar to food) and recheck in 15 minutes. If patient is not conscious, call 911 and notify RNCM or office 317-429-9875