

DIABETES

Ensure the safety of everyone

Call the ambulance on Triple Zero (000)

HYPERGLYCAEMIA (high blood sugar)

Causes of high blood sugar may include:

- Sickness/Infection
- Stress
- Not enough insulin or diabetes tablets
- Other tablets or medications

Signs & Symptoms of high blood sugar

- Excessive thirst
- Frequently passing large volumes of urine
- Feeling tired
- Blurred vision
- Infections (e.g. thrush, cystitis, wound infections)
- Weight loss
- May become unconscious

Onset

In adults, especially adults already diagnosed with high blood sugar, deterioration could occur over a longer period. Signs and symptoms may take many hours or even days to appear.

MANAGEMENT OF ANY DIABETIC PROBLEM

If Conscious

(and safe swallowing is possible)

- Place in half sitting position
- If low blood sugar is a possibility, give sugar e.g. soft drink, jellybeans, fruit juice or some food.
- Monitor for improvement
- If next meal is more than 20 minutes away, encourage them to also eat a slower acting carbohydrate such as muesli bar, biscuits, sandwich, fruit



If Unconscious

- Place casualty on their side
- Do not give them any food or drink by mouth
- Monitor ABC and call the ambulance on triple zero (000)

HYPOGLYCAEMIA (low blood sugar)

Causes of low blood sugar may include:

- Delaying or missing a meal
- Excessive exercise
- Alcohol consumption
- Too much insulin or diabetes tablets

Signs & Symptoms of low blood sugar

- Confusion/ Irritability
- Headache
- Lack of concentration/behaviour change
- Pale/ Sweaty skin
- Light headedness/dizziness
- Hunger
- Weakness, trembling or shaking
- May become unconscious

Onset

Rapid onset, signs and symptoms may appear almost immediately, as soon as the blood sugar level becomes low.