



CHSAA SMAC Alert

Diabetic Emergency Protocol



HYPERGLYCEMIA

Hyperglycemia (high) is a potentially life-threatening condition in which an excessive amount of glucose is present in the blood.

Symptoms and Presentation

May include any of the following

- Dry, hot skin
- Breath odor “fruity”
- Nausea, vomiting or abdominal pain
- Dry mouth
- Excessive thirst and frequent urination
- Restlessness
- Loss of consciousness or confusion
- Rapid deep breathing

Guidelines for Management

- All exercise should be ceased
- Hydration
- Document blood glucose level with glucometer if available
- If blood glucose is consistently higher than 300, activate EMS by calling 911
- If the patient is alert and cooperative, have them administer their insulin

HYPOGLYCEMIA

Hypoglycemia (low) is a medical emergency that involves an abnormally diminished amount of glucose in the blood.

Symptoms and Presentation

May include any of the following

- Moist skin, sweaty appearance
- Irritability
- Trembling, shakiness
- Hunger, headache
- Confusion
- Pale
- Loss of consciousness
- Rapid heart rate

Guidelines for Management

In conscious athletes

- All exercise should be ceased
- Look for rapid breathing or fast heart beat
- Document blood glucose level with glucometer if available
- Glucose in tablet form if available (Diabetic athletes should have glucose sources readily available at every practice/game)
- If glucose tablet is not available, give 6 ounces fruit juice, 6 ounces of non-diet soda, or 1 tablespoon of honey or table sugar. Repeat in 10-15 minutes if needed
- If hypoglycemia does not improve within 10-15 minutes of treatment, activate EMS by calling 911. Hypoglycemia defined as less than 70 mg/dL.

In unconscious athletes

- Activate EMS by calling 911
- Look for rapid breathing or fast heart beat
- Document blood glucose level with glucometer

For complete CHSAA Diabetic Emergency Protocol information, please visit:

<https://chsaanow.com/sports-medicine/>