



School Nurse Melbourne 2024

WhatsApp group





ThinkAskLearn

Health Professional Education

Diabetic Emergencies

The Case of the Dodgy Chicken

David Corkill

Emergency Nurse Educator

MEmergN, MAdvPrac (Hth Prof Edu), BN, Dip App Sc

www.thinkasklearn.com.au



The Dodgy Chicken

- Sunday morning at triage
- 6 yr old boy presents with Mum
- Up all night vomiting
- Dad also unwell this morning with vomiting
- Both Dad and Son had 'dodgy takeaway chicken' yesterday for lunch
- Mum did not eat the chicken



The Dodgy Chicken

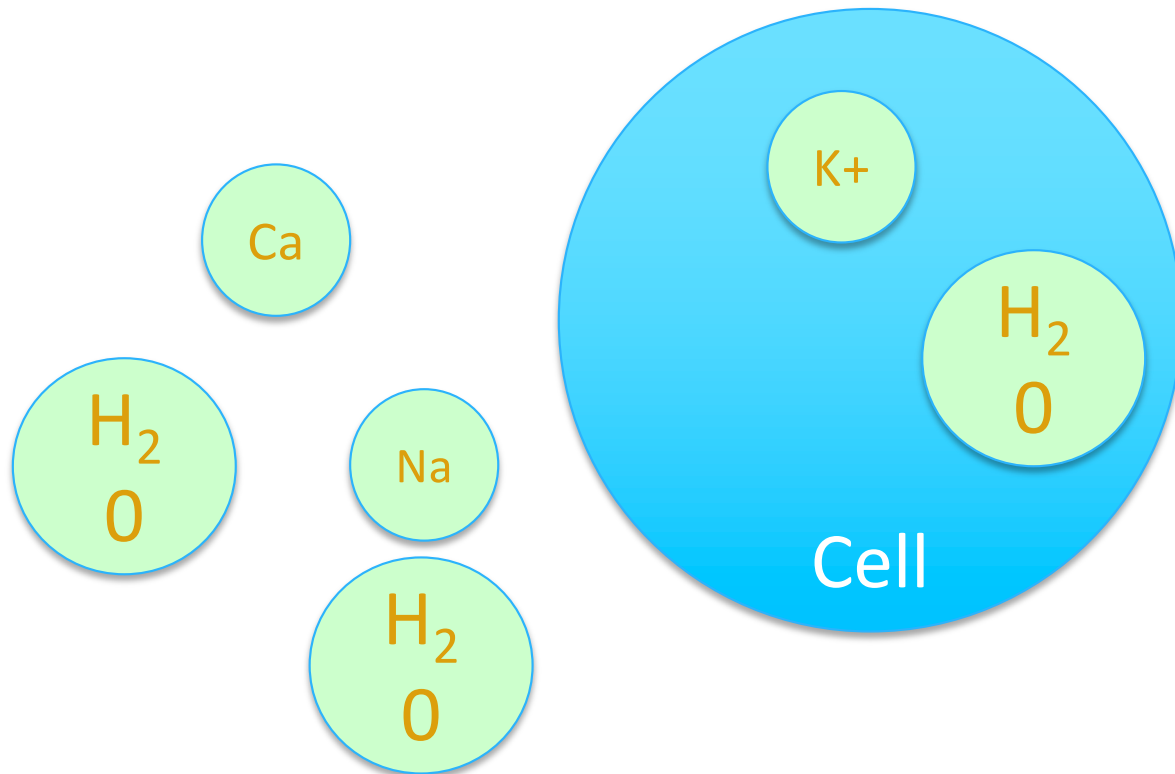
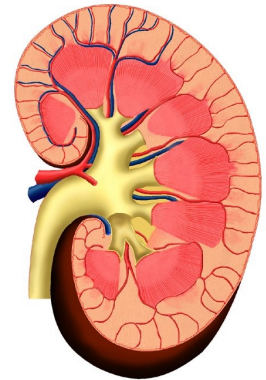
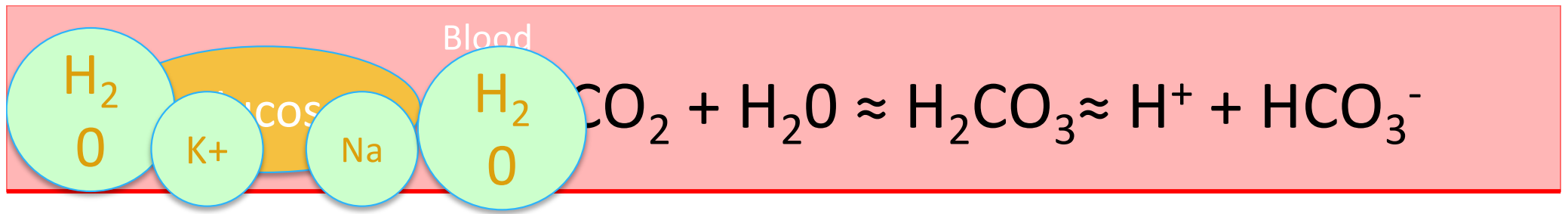
- Good story, doesn't look too unwell
- Mild dehydration
- Rehydrate with oral fluids
- Sit in WR until review
- Finally gets picked up
- Someone does a BSL
- It reads HI HI HI



Diabetic KetoAcidosis DKA

- Insulin deficiency
- Glucose rises
- Renal System attempts to compensate
- Fails
- Acidosis ensues
 - Oxygen transport and capacity – Hypoxia





Signs and Symptoms

- Patient is unwell
- BSL >15mmol, often 20+mmol or HiHiHi
- Polyuria
 - Large amount of urine production
- Polydipsia
 - Increased Thirst
- Kussmaul Breathing
 - Deep laboured breathing – Blowing off CO₂



Diagnosis

- No definitive criteria for the diagnosis of DKA
- DKA is defined by the triad of:
- Hyperglycaemia (glucose > 14 mmol/L)
- Ketosis (usually determined on urinalysis)
- Acidosis (pH < 7.35; low HCO₃: high anion gap)
- (Hence the name, diabetic-keto-acidosis!)



At Risk

- Precipitants of DKA are:
 - Infection (35%)
 - New onset DM (25%)
 - Non-compliance with therapy (20%)
 - AMI
 - CVA
 - Pregnancy
 - GI Bleed
 - Pancreatitis
 - Unknown (10%)



Immediate Management

- Call for help – ambulance
- ABCD approach
- Undertake BSL
- Collect vital signs
- In-Hospital – Likely ICU admission



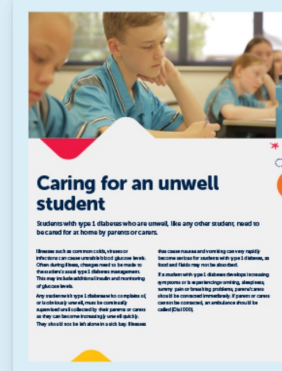
In Hospital Treatment

- Undertake Blood Gas!
- Find source
 - Infection, Non compliance, other
- Fluid replacement - 2-3 litres in first hour
- Give insulin
- Replace electrolytes
- Admit to hospital - usual ICU



Caring for an Unwell Student

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When a student with type 1 diabetes is unwell at school it is expected that their parents have been contacted to collect them and they will be cared for at home.



Caring for the unwell student

- When unwell (flu, common cold etc) blood glucose can rise
 - Requires more monitoring, insulin,
- Nausea/vomiting a concern
 - Lack of food absorption,
- In sick bay – should be in line of sight
- ‘When a student with type 1 diabetes is unwell at school it is expected that their parents have been contacted to collect them and they will be cared for at home.’



The Opposite Way

- Hypoglycaemia
- Usually too much insulin or lack of food or misadventure with insulin!!
- Hard to die from Hypoglycaemia – Sort of....
- Common yearly in diabetics (27%)
- Defined as BSL $<4\text{mmol/l}$ but S+S common under 2.6mmol/l



Insulin Pumps and more...



📞 NDSS Helpline 1800 637 700

👤 Login

New to the program

I am a ▾

Type 1 Diabetes

Roles

Resources

Training

COVID-19

Contact

Home > Diabetes Technology

The NDSS is administered by Diabetes Australia



School Staff

Diabetes Technology

Diabetes Technology

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Diabetes Technology Manuals and Information



Signs and Symptoms

- Maybe minimal to extreme
- Paleness
- Shakiness
- Headache
- Sweating
- Feeling hungry
- Dizziness
- heart pounding
- Irritability, change in mood
- Lack of concentration
- Confusion
- Vagueness
- Crying
- Weakness

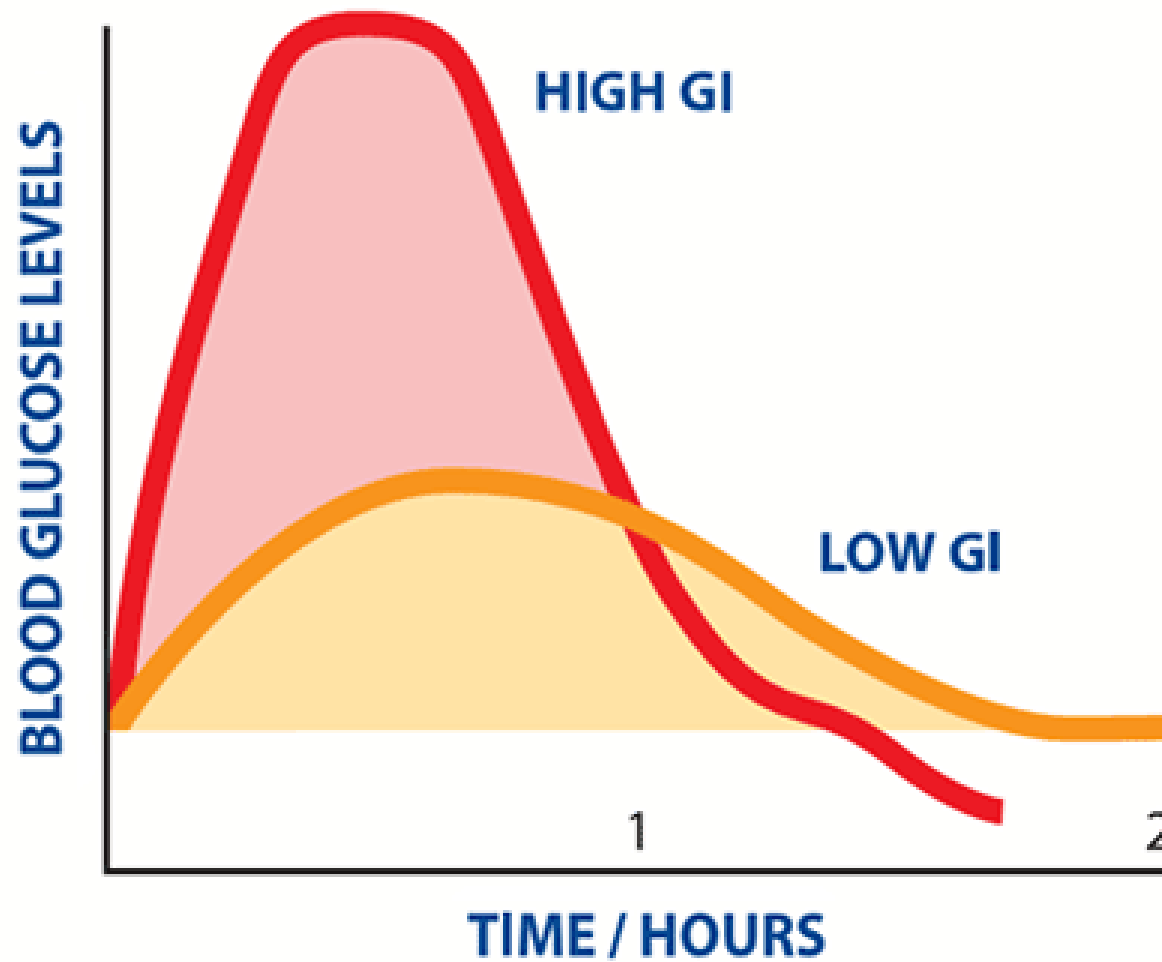


Treatment options

- ABCD approach
- Treat if BSL is less than 4mmol/l
- Give some high GI carbohydrate (sugar) to raise the blood glucose quickly
 - Jelly babies
 - Simple sugars
 - Lemonade
- Overtreatment is a problem



What sugar to give



Treatment options

- After allowing for sugars to be absorbed, provide further glucose
 - Banana/Apple
 - Sandwich
 - Biscuits/Crackers
 - Milk



Unconscious Hypoglycaemia

- ABCD approach
- Call for help – trip to ED
- Airway supportive manoeuvres
- Oxygen
- Check BSL (look for other causes)
- Provide IV glucose or IM glucagon



Caution with Discharge

- Observe for 2-4 hours
- Find the cause
- Admit to hospital all unknown causes of hypoglycaemia





637 700

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Home > Register for Training

The NDSS is administered by Diabetes Australia



Register for Training

Welcome to Diabetes in Schools

The **Diabetes in Schools** program provides free, online training for teachers and school staff to better understand how they can support students with type 1 diabetes while at school.

Principals, teachers and school staff can access information and support through online video-based modules and hands-on training to help students with type 1 diabetes thrive at school.

