

Hypoglycemia

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Hypoglycemia – ADA

- *Low blood is when your blood sugar levels have fallen low enough that you need to take action to bring them back up to your target range.*
- *This is usually when your blood sugar is less than 70mg/dl.*
- *However talk to your diabetes care team about your own blood sugar targets, and what level is too low for you.*

Hypoglycemia Symptoms

Symptoms of Hypoglycemia

Common symptoms of hypoglycemia can include:



Shakiness



Sweating,
chills and
clamminess



Confusion



Rapid/fast
heartbeat



Hunger and
nausea



Sleepiness



Headaches

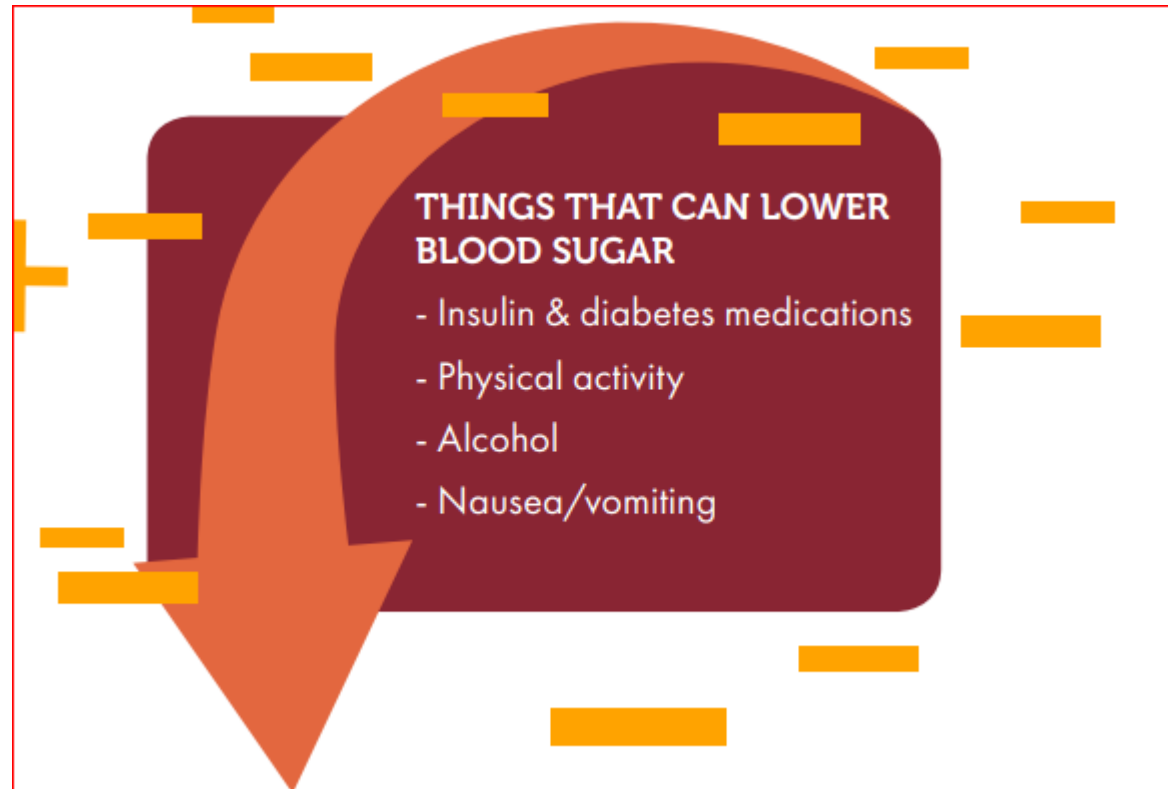
Hypoglycemia can happen even while you sleep. Look out for signs like crying out or nightmares, sweating excessively, and feeling tired, confused or irritable when you wake up.³

Hypoglycemia – Multifactorial

- Patients at greatest risk for hypoglycemia
 - A1C <6% (4x risk),
 - A1C <6.5% (2.25x risk),
 - Insulin (5x risk)
 - Sulfonylurea (2x risk);
 - Age >75; and/or cognitive impairment or dementia. (7x risk)
- Did your patient know their Target BG
- Did your patient know what to do when BG is too low?
 - Did your patient have a meter?

https://www.qualityandsafety.va.gov/ChoosingWiselyHealthSafetyInitiative/HypoglycemiaSite/For_Clinicians.asp

Hypoglycemia – Multifactorial - Individual



Hypoglycemia Treatment

15/15 rule

Treat low blood sugar: 15:15 rule



Check blood sugar

Wait 15 minutes for sugar to get into blood

Eat 15 grams of carbohydrate

ADAM.

- **15** Grams Fast Acting CHO -
 - 3-4 Glucose tablets
 - ½ cup fruit juice or regular soda
 - Careful with Peppermints
- **15** minutes - Recheck BG (Repeat as needed)
 - 911
- Once normal –
 - CHO with Protein/healthy fat
 - Small Snack

Reflect

Stay connected

*Glucose tablets – Glucagon kit = Easily Accessible

Hypoglycemia

Consistency - Mindfulness

- Skipping Meals – Work with patients habits
 - Snack / Meal
- Types of Meals – Work with patients habits
 - Fast food / Portions
- Physical Activity
 - House work / Yard work
- ETOH – Wine / Mixed drink
- Medication ?
- Communication – HCP



Hypoglycemia - Your Team

- Educate / Empower / Engaged Your Team

- Diabetes Vital signs
- Home BG Records – (Got to Ask)
- Defined Roles - Expectations of your staff
- Blood Glucose Readings – patient hand or as provider desires
 - Download BG readings, copy BG readings from log, provide log
 - Review Trends with patient – Critical Thinking – Increase Self-Efficacy

Cheerleader

Hypoglycemia Patient - Handouts

- <https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/Hypoglycemia/hypoglycemia-causes-and-prevention-tip-sheet.pdf?sfvrsn=0>
- https://www.diabeteseducator.org/docs/default-source/legacy-docs/_resources/pdf/general/Hypoglycemia_Tip_Sheet.pdf

Hypoglycemia

- **Refer to Diabetes Self-Care Management Training**
 - **Certified Diabetes Care and Education Specialist (CDCES) formerly (CDE)**
 - **ADA –**
 - [Find a Diabetes Education Program | ADA](#)
 - **ADCES - Association of Diabetes Care and Education Specialist**
 - [Association of Diabetes Care & Education Specialists \(diabeteseducator.org\)](https://diabeteseducator.org)

Questions?