

# Diabetes

(Hypoglycemia/Hyperglycemia)



1. Daily nursing assessment of overall condition.
2. Blood sugar checks customized to patient needs.
3. Documentation of all blood sugar readings, assessments of symptoms and insulin coverage when appropriate.
4. Blood sugar care and assessments to include:
  - Blood sugar < 70 and able to consume PO carbohydrates – assess for symptoms and give 4 ounces juice, retest in 15 minutes. If blood sugar remains below 70, give 4 more ounces of juice and retest in 15 minutes. If blood sugar still low – call physician.
  - Blood sugar <70 and unable to consume PO carbohydrates, give 1mg Glucagon IM and recheck blood sugar in 15 minutes. If still low, call physician.
  - Blood sugar >200, assess for symptoms and give insulin sliding scale as ordered by the physician or contact physician for guidance.
  - Physician notification for all blood sugars < 50 or > 400, unless other physician call parameters are in place.
5. As needed blood sugar checks if symptoms are present.
6. Pyxis medication delivery system on site for immediate insulin/medication needs or changes.
7. Registered Dietitian assessment and monitoring of blood sugars and weight.
8. Therapeutic diets including: Carbohydrate controlled, 1800 and 1500 calorie diets.
9. Laboratory Services available daily with contracted provider as ordered by the physician, including HgbA1c with targeted range of 6-8.
10. Nail care by a professional nurse or podiatrist.
11. Weekly head to toe skin assessment by a licensed nurse.
12. Physical and Occupational Therapy on site.
13. Resident and caretaker education on diabetes disease process, blood sugar monitoring and insulin administration along with return demonstration of resident/caretaker skills prior to discharge from the facility.



# Diabetes Action Plan

## Actions to take if my symptoms get worse

This plan is to be completed by patients with the help of their physician/health care provider. The patient should bring this form to each doctor appointment and update as needed.

This symptom list below is comprehensive but you may experience other symptoms. If you are unclear as to the actions you should take, please contact your physician/health care provider.



### GREEN ZONE: All Clear

- Average blood sugars are typically under \_\_\_\_\_
- Most fasting blood sugars are under \_\_\_\_\_
- No decrease in your ability to maintain normal activity level

#### Green Zone Means:

- Your Symptoms are under control
- Continue taking your medications
- Continue to follow your diet
- Keep your health care appointments



### YELLOW ZONE: Caution

- Average blood sugars are between \_\_\_\_\_ and \_\_\_\_\_
- Most fasting blood sugars are under \_\_\_\_\_
- You are experiencing signs and symptoms of high or low blood sugar: visual changes, confusion, difficulty concentrating, shakiness, sweating, hunger, heart palpitations, extreme thirst, headaches, weight loss, frequent urination, etc.
- Inability to maintain your normal activity level

#### Yellow Zone Means: Warning

- Your symptoms may indicate that you need an adjustment of your medications
- Call your doctor: \_\_\_\_\_  
Number: \_\_\_\_\_
- Call your Home Care Nurse 24 hour number \_\_\_\_\_  
Tell your home care nurse if you call or see your doctor



### RED ZONE: Medical Alert

- Average blood sugars are above \_\_\_\_\_ and \_\_\_\_\_
- Most fasting blood sugars are well over \_\_\_\_\_ or under \_\_\_\_\_
- You can not maintain your normal activity level
- Increase of symptoms in Yellow Zone
- You are unable to stay awake even during the day

#### Red Zone Means: Emergency

- This indicates that you need to be evaluated by a physician right away

Go to the nearest emergency room or call 911