



High glucose levels (Hyperglycaemia)

Each student with type 1 diabetes will have an individual glucose target range that they aim to stay within. When a glucose level is out of this range it can make it harder to learn. A high glucose level (hyperglycaemia) is a level above a student's target blood glucose range (commonly above 15 mmol/L). All students with type 1 diabetes will have a high glucose level from time to time.

A blood glucose level higher than 15 mmol/L is considered a high glucose level. This is also known as hyperglycaemia or a hyper.

Although not ideal, most students with type 1 diabetes will have a high glucose level from time to time.





High glucose level (Hyperglycaemia)

Keeping glucose levels in target requires a balance between insulin, carbohydrates and activity.

Common reasons why a glucose level may go high include:

- Extra carbohydrates eaten with no additional insulin
- Insufficient insulin
- Being less physically active than usual
- Excitement, illness, stress or hormones

Signs and symptoms of a high glucose level may include:

- Tired
- Hungry
- Needing extra toilet breaks
- Difficulty concentrating
- Thirsty
- Irritable

High glucose levels can develop over many hours or days. A single high glucose level should not be a cause for concern; however, being unwell and having consistently high glucose levels needs immediate attention.

Consistently high glucose levels suggest there is not enough insulin in the body. The body then breaks down fat stores to produce ketones for energy. A build-up of ketones is dangerous in type 1 diabetes and can make a student very unwell.

MANAGEMENT OF A HIGH GLUCOSE LEVEL (HYPERGLYCAEMIA)

Student is well – Unexplained High (BG above 15.0mmol/L)

Step 1 – Refer to management or action plans

Step 2 – Check BG at next scheduled time

Step 3 – Allow unrestricted water and toilet access and continue with class routine

Step 4 – At next BG check if BG remains elevated over 15.0mmol/L, check ketones if indicated on their plan and follow action required

Student is unwell – (BG above 15.0mmol/L)

If a student with type 1 diabetes complains of stomach cramps or nausea the parents or carers should be contacted immediately.

Step 1 – Refer to management plans

Step 2 – Check ketones, if indicated

Step 5 – If unable to contact parent/carer, call an Ambulance 000 / 112 (mobile)

