

LTC Nurse Protocol Hypoglycemia

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Key: **Req** – Requisition **MAR** – Medication Administration Record **K** – Kardex **Dis** – Discontinued

Key

Phase

Instructions for completing this order set:

- Indicates a pre-selected order. To delete a pre-selected order, draw a line through it
- Must tick the box for order to be implemented. Orders not checked will not be implemented
- Fill in blank spaces as needed/appropriate
- Indicates an item for consideration by Provider; is NOT an order

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Hypoglycemia:

A blood glucose reading less than 5 mmol/L with symptoms (e.g. trembling, sweating, palpitations, nausea, hunger, confusion, drowsiness, weakness, difficulty speaking and headache)

Diet/Nutrition

CARBOHYDRATE (CHO) EXAMPLES	
15 g of carbohydrate (CHO) for treatment of hypoglycemia equivalent to:	<ul style="list-style-type: none"> • 3 teaspoons (15 mL) or 3 packets of table sugar dissolved in water • 3/4 cup (175 mL) juice or regular soft drink • 1 packet (15 mL) honey or jam • 6 life savers (1 = 2.5 g CHO) • 15 g glucose in the form of glucose tablets or glucose gel
Example of a snack:	<ul style="list-style-type: none"> • 1 slice of bread and 1 oz (30 g) cheese or meat

Patient Care

- Blood Glucose Monitoring POC Long-term Care, As per hypoglycemia protocol; Refer to Hypoglycemia Guideline Steps
- Refer to Protocol/Guideline/Standard, Follow LTC Procedure "[10.3.7PR Hypoglycemia for Long-term Care](#)"

Bedside Blood Glucose Monitoring (BBGM) Hypoglycemia Guideline Steps

Problem	Action	Notify (URGENT)
BBGM less than 5 mmol/L AND Resident able to INGEST	<ul style="list-style-type: none"> • Administer 15 g carbohydrate (CHO) orally (see table) • Wait 15 minutes and retest BBGM • If BBGM still less than 5 mmol/L then re-treat with 15 g CHO, and wait another 15 minutes before taking BBGM • Continue to treat/test until BBGM is greater than 5 mmol/L • If a meal is more than 30 minutes away, a snack containing CHO and protein should be provided 	Provider/MRP
BBGM less than 5 mmol/L AND Resident is unable to ingest but is conscious	<ul style="list-style-type: none"> • Administer glucagon 1 mg IM (intramuscularly) x 1 dose • Wait 10 minutes and retest BBGM • If BBGM still less than 5 mmol/L then repeat glucagon 1 mg IM (intramuscularly) x 1 dose 	Provider/MRP
BBGM less than 5 mmol/L AND Resident is unconscious	<ul style="list-style-type: none"> • Administer glucagon 1 mg IM (intramuscularly) x 1 dose • Wait 10 minutes and retest BBGM • If BBGM is still less than 5 mmol/L then repeat administration of glucagon 1 mg IM (intramuscularly) • Notify family of the event and outcomes 	If Provider is not immediately available, then call 911 and transfer to Emergency if Resident is unconscious or unresponsive

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