

NEW MOWASAT HOSPITAL POLICY MANUAL

Title : Recognizing Diabetes Symptoms and Sick Day Management guidelines	Number – DPP/MED/INT/005		
	Initiating Dep't		Collaborating Dep't
	Diabetes & Medical Center		
	Original Date	Reviewed Date	Next Review Date
	12/12/2007	10/3/2010	12/12/2013

POINTS TO REMEMBER

Controlling diabetes means maintaining blood glucose (blood sugar) levels within certain limits. These limits will be specified by your physician or health professional. Following are common symptoms and treatments of low and high blood sugars. These lists are designed to help you monitor the success of your treatment plan and to identify when your diabetes is out of control.

	Hypoglycemia (Low Blood Sugar)	Hyperglycemia (Severe High Blood Sugar)
Can Happen To:	Persons using oral medications or insulin	Any person with diabetes
It Occurs:	Gradually or within minutes	Gradually, over days
Blood Tests:	< 60 mg/dl Blood Sugar	> 300 mg/dl Blood Sugar
Urine Tests:	Negative	Positive with occasional ketones
Symptoms:	Tiredness Weakness Nausea Blurred Vision Headache Tingling Sweating Hunger Confusion Nervousness Pounding Heart Stupor Loss of Consciousness	Thirst Frequent Urination Drowsiness Nausea/Vomiting Headache Dim Vision Dry Skin Rapid Breathing Fruity Odor Loss of Consciousness
Treatment:	Eat or drink something with sugar Inject Glucagon Call your physician if symptoms occur	Call your physician Drink plenty of water

Title : Recognizing Diabetes Symptoms and Sick Day Management guidelines	Number – DPP/MED/INT/005		
	Initiating Dep't		Collaborating Dep't
	Diabetes & Medical Center		
	Original Date	Reviewed Date	Next Review Date
	12/12/2007	10/3/2010	12/12/2013

Sick Day Rules

Diabetes varies per person, and each person reacts differently when ill. Only your physician/health professional can tell you what to watch for. The following guidelines may be useful:

- Any illness lasting more than 24 to 48 hours should be immediately reported to your physician.
- Even if your are unable to tolerate much food, you must continue to take your prescribed medications. Illnesses increase the need for insulin and raise the blood sugar level.
- When the appetite is poor, emphasize carbohydrate foods such as starches, breads, fruits, juices to help maintain your blood sugar.
- Drink plenty of fluids to prevent dehydration that can occur with diabetic illnesses.
- Consume concentrated sweets and sugars only in small amount and only to increase caloric intake (if needed).
- If vomiting and diarrhea occur, include broths, juices and regular carbonated beverages to replace lost electrolytes.
- Test your blood sugar frequently (3-4 times a day), especially if you regularly take oral medication or insulin.

NEW MOWASAT HOSPITAL POLICY MANUAL

Title : Recognizing Diabetes Symptoms and Sick Day Management guidelines	Number – DPP/MED/INT/005		
	Initiating Dep't		Collaborating Dep't
	Diabetes & Medical Center		
	Original Date	Reviewed Date	Next Review Date
	12/12/2007	10/3/2010	12/12/2013

Reviews:

Name	Department/Team	Signature
Dr. Kashif Rizvi	Mowasat Diabetes & Medical Center (MDMC)	
Dr. Peter Hirsch	Medical Director	

Assistant Hospital Administrator	Hospital Administrator
Signature	Signature

Read Only