How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

Please remember you need to wash your hands with soap and water before testing your blood glucose levels.

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Hypoglycaemia
(Low Blood Glucose)

What is a hypo?

A blood glucose level of 4mmols is defined as the onset of a hypo. The term often used is “4 is the floor” Maintaining your blood glucose no lower than 4mmols allows time for you to recognise any symptoms of a hypo and take the necessary action.

If your blood glucose levels have run high for some time you may experience these symptoms at a higher blood glucose level.

What are the commonest causes of a hypo?

- Too much insulin/tablets
- Too little to eat or delayed meal
- More physical activity than planned
- Too much alcohol
- Stress
- Hot weather

Mild hypos can usually be treated independently by you.

Mild symptoms are:-

- Hunger
- Feeling shaky
- Sweating
- Palpitations
- Anxiety

Moderate hypos often require the help of others

Moderate symptoms are:-

- Lack of coordination
- Blurred vision
- Confusion and aggression
- Speech difficulty

Severe hypos may mean paramedic assistance leading to a hospital admission.

Severe symptoms are:-

- Fits
- Unconsciousness/coma

If you become aware that you do not notice your hypo signs as early as you are used to let your Diabetes Team know.

Treatment

To increase the low blood glucose levels as soon as possible it is recommended that you

- Take 15g of fast acting carbohydrate (CHO) (see table below)
- Wait 15 minutes and repeat blood test

If blood glucose still below 4 mmols or you still have symptoms repeat the above treatment.

If blood sugar is above 4 mmols have a further 15 – 20g carbohydrate snack, can be either fast or long acting such as your meal, a sandwich or 2 digestive biscuits.

The following are suggestions of fast acting carbohydrates

<table>
<thead>
<tr>
<th>Food</th>
<th>15g CHO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glucose/Dextrose Tablets</td>
<td>5 tablets*</td>
</tr>
<tr>
<td>Lucozade</td>
<td>170ml</td>
</tr>
<tr>
<td>Cola-type fizzy drink – not diet</td>
<td>150ml</td>
</tr>
<tr>
<td>Fruit pastilles</td>
<td>6 sweets*</td>
</tr>
<tr>
<td>Jelly babies</td>
<td>5 sweets*</td>
</tr>
</tbody>
</table>

* Check individual label for precise carbohydrate value