

# First Aid for Diabetic Emergencies

This playbook provides a step-by-step guide to recognize and respond to diabetic emergencies, such as hypoglycemia and hyperglycemia. It is intended to help non-medical individuals provide support until medical professionals can take over.

## Step 1: **Assessment**

Assess the situation to determine if the person is conscious and able to swallow. Look for symptoms such as confusion, sweating, weakness, fast heartbeat, shakiness, or mood changes that could indicate hypoglycemia. Conversely, look for symptoms of hyperglycemia such as dry mouth, extreme thirst, frequent urination, and nausea.

## Step 2: **Response**

For hypoglycemia, if the person is conscious and able to swallow, provide a quick source of sugar such as glucose tablets, fruit juice, or regular soda. For hyperglycemia, check if the person has missed a dose of insulin or if there is a known reason for the high blood sugar, and assist them in taking their insulin if they are unable to do so themselves.

## Step 3: **Monitoring**

Monitor the person closely after administering aid. In the case of hypoglycemia, wait 15 minutes and recheck their condition. If there

is no improvement or the condition worsens, seek emergency medical assistance immediately.

## Step 4: **Seek Help**

If the person is unconscious, unresponsive, or having a seizure, call emergency services immediately. Do not try to give an unconscious person anything to eat or drink as it could lead to choking.

# **General Notes**

## **Safety**

Always ensure your own safety before approaching someone who is unwell. If the situation is unsafe, call for help and await the arrival of emergency services.

## **Consent**

If the person is conscious, seek their verbal consent before providing any form of aid. If they are a minor or incapacitated, consent is implied in an emergency.