

# Sick Day Management

## Sick Day Management

When a child or adolescent with diabetes is unwell it is important to monitor their blood glucose level (BGL) more regularly. This will enable you to closely monitor the individual's condition as they can run the risk of developing acute complications such as:

- Dehydration
- Hypoglycaemia including severe hypoglycaemia
- Hyperglycaemia
- Ketoacidosis (high levels of sugar and ketones in the blood)

## Nausea/Vomiting

If your child is experiencing an illness with nausea, vomiting or diarrhoea, their BGL's might be low. The BGL's may be low because your child's appetite is often decreased, and the carbohydrate is not being absorbed due to vomiting.

## Viral Illnesses/Infections

High BGL's are more common in viral illnesses with fever (e.g., a bad cold, tonsillitis or ear infection). BGL's rise as stress hormones are released to help the body cope with the illness. Their normal insulin doses may not work as well. BGL's will often still be high even if the child's appetite is poor because the liver continues to release glucose.

## What action should I take if my child is unwell?

- **INSULIN MUST ALWAYS BE GIVEN** but the dose may change. Ensure BGL is above 4mmol/L before administering their dose of insulin.
- Seek medical advice from your GP if there is a risk of infection or viral illness as this can cause BGL's to rise due to the stress response of the body.
- Monitor BGL/sensor glucose (SG) levels 1-2 hourly. Confirm hypos with a BGL check.
- Monitor their blood ketone levels every 2 – 4 hours.
- Keep your child hydrated by giving them a least 1 glass of water per hour (minimum 100ml/hr)
- Make sure you are familiar with signs of ketone development and have access to the mini-dose glucagon protocol and glucagon on hand.
- **PLEASE REFER TO YOUR SICK DAY MANAGEMENT PLAN PROVIDED BY THE DIABETES TEAM**