



Hypoglycaemia

Hypoglycaemia means low blood glucose. It is often called a 'hypo' and is a blood glucose level **less than 4.0mmol/l**.

Signs and symptoms of hypoglycaemia:

There are many different signs and symptoms of hypoglycaemia and not everyone will experience them all. Below are some of the signs and symptoms that may be experienced.

- Feeling shaky
- Hunger
- Pale
- Headache
- Stomach ache
- Mood swings
- Poor concentration
- Feeling dizzy
- Feeling confused
- Feeling unsteady
- Slurred speech
- Jelly legs or tired legs



Possible causes of hypoglycaemia:

- Exercise
- Overestimating the amount of carbohydrate in a meal (and therefore the pump calculating more insulin than required)
- Not finishing a meal after giving insulin
- Illness
- Going a long time without eating
- Stress and worry
- A delay in bolusing for meal or snack



Overnight hypos can occur.

Talk to your team if this is causing you concern.

Remember, if there are any of these signs or symptoms:

- Check the sensor or blood glucose level
- If it is below 4.0mmol/l take immediate action
- Treatment will be dependent on the child or young person (CYP)'s weight. Turn the page for more information



Treatment of hypoglycaemia: Automated insulin pump therapy

MILD	MODERATE	SEVERE
Able to self-manage (Conscious and able to swallow)	Needs some help to manage	Unable to self-manage

BODY WEIGHT RANGE					
Less than 15kg	15kg-30kg	30kg-50kg	Over 50kg	Glucogel — Squeeze gel slowly into the mouth. The gel should be swallowed.	<ul style="list-style-type: none"> Urgent assistance required Place CYP in the recovery position Contact emergency services Glucagon hypo kit can be used (only if trained to do so)
Give 2 to 3g fast acting carbohydrate eg.	Give around 5g fast acting carbohydrate eg.	Give 7 to 8g fast acting carbohydrate eg.	Give 10g fast acting carbohydrate eg.		
25ml Lucozade Energy	55ml Lucozade Energy	85ml Lucozade Energy	110ml Lucozade Energy		
10ml Lift (Gluco juice)	20ml Lift (Gluco juice)	30ml Lift (Gluco juice)	40ml Lift (Gluco juice)		
1 glucose tablet	1 and a half glucose tablets	2 and half glucose tablets	3 and half glucose tablets		
Half a tube of glucogel	1 tube of glucogel	1 and a half tubes of glucogel	2 tubes of glucogel		

Wait 15 minutes and recheck glucose levels. If glucose is still less than 4.0mmol/l, repeat hypo treatment.

It is not uncommon to have to repeat this more than once.

The CYP should start to recover in 15 to 30 minutes

- The sensor trend arrows can provide useful additional information and can be used to guide the glucose level at which a hypo is treated.
- Discuss with your team for individualised advice.
- Automated insulin pumps are also referred to as hybrid closed loop pumps.