

Resident sick day plan

If a resident is sick their blood glucose levels (BGLs) may increase or decrease.

All residents with diabetes should have a sick day plan.

Date: ____ / ____ / ____

Resident: _____

GP: _____

START	<p>Start this plan this plan if:</p> <ul style="list-style-type: none"> » there is a notable change: feeling weak, drowsy, anxious, irritable, tired, sleepy » there are signs of fever or infection (chest, urinary, skin) » diarrhoea or vomiting » changes in appetite (hungry, thirsty or loss of appetite or poor intake of food) » new or increased pain. 	<p style="color: red; font-weight: bold; font-size: 1.1em;">NEVER STOP ALL INSULIN</p> <p style="font-weight: bold;">You may need to increase or decrease doses</p>
ASSESS	<p>Do a BGL (is it high or low per resident's diabetes care plan?)</p> <p>Note clinical signs such as:</p> <ul style="list-style-type: none"> » increase/decrease in temperature, change in breathing rate (laboured, increased) » increased heart rate, sweaty » signs of dehydration e.g. skin turgor, hypotension, dry mouth, low urine output » Notify GP (see REPORT, below). 	
MONITOR	<ul style="list-style-type: none"> » BGL every 2-4 hours » ketones (if type 1 or type 2 at risk of DKA including those on SGLT2 inhibitors) every 4 hours (more frequently if positive & report to GP) » vital signs every 4 hours (more frequent if out of target) » commence fluid balance chart » document food intake (last food intake). 	<p style="font-weight: bold;">You may need to stop diabetes tablets</p>
TREAT	<p>If a resident's BGL is above 15 mmol/L:</p> <ul style="list-style-type: none"> » ¼ to ½ cup of fluid every hour (for example water, broth, sugar-free jelly) » food intake as usual. <p>If a resident's BGL is below 15 mmol/L:</p> <ul style="list-style-type: none"> » include sugar-containing fluids hourly – aim for 15 grams carbohydrate/hour (for example, small jelly, one icy pole, 100 mL sports drink, gastrolyte). 	<p style="font-weight: bold;">You may need to start insulin temporarily</p>
REPORT	<p>Report to GP immediately if:</p> <ul style="list-style-type: none"> » resident is unable to eat or drink » resident becomes drowsy » BGLs remain above 15mmol/L for more than 24 hours despite treatment » ketones are present. 	