

## STP-984 HYPOGLYCEMIA MET

STP-984 Hypoglycemia Treatment for Symptomatic Patients by the Medical Emergency Team

### NURSING

#### STP-984 Clinical Instructions

- A MET RN or Critical Care Charge Nurse will assess the patient for symptoms of hypoglycemia:
- Adrenergic: Diaphoresis, tremors, tachycardia, hypotension, anxiety, hunger, pallor, hyperventilation, circumoral tingling, tingling in extremities, nausea and/or vomiting.
- Neurological: Dizziness, headache, cloudy vision, blunted mental status, loss of motor skills, confusion, slurred speech, abnormal behavior, numbness, fatigue, drowsiness, seizure, loss of consciousness.
- Any symptoms different from baseline status
  - If a bedside glucose test has not been performed, the RN should perform a test.
  - For blood sugar less than 70 mg/dL repeat test within 10 minutes and record second result.
  - If patient remains unresponsive or has decline in condition, notify physician and refer to emergency guidelines.
  - Notify physician of blood glucose and response to treatment.

#### Hypoglycemia Instructions:

- For BG < 70 mg/dL; Recheck BG immediately. Using the second reading, follow the appropriate treatment orders, as applicable.
- Notify provider of all hypoglycemic episodes (BG < 70 mg/dL) and pt's response to hypoglycemic treatment.
- Check BG and give treatment Q 15 mins until BG > or = 80 mg/dL, then recheck in 2 Hrs, re-notify provider if BG < or = 80 mg/dL.
- If pt taking Po DM med and/or long acting insulin and meal not available for 2 Hrs give 15 Gm CHO snack then recheck BG in 2 Hrs.
- Give 4 OZ (120 mL) of juice/non diet soda Po Q 15 mins Prn BG = 60-69 mg/dL if pt is alert. Continue until BG > or = 80 mg/dL.
- Give 6 OZ (180 mL) of juice/non diet soda Po Q 15 mins Prn BG = 50-59 mg/dL if pt is alert. Continue until BG > or = 80 mg/dL.
- Give 8 OZ (240 mL) of juice/non diet soda Po Q 15 mins Prn BG < 50 mg/dL if pt is alert. Continue until BG > or = 80 mg/dL.
- May give juice, non diet soda, dissolved glucose Tabs, via enteral tube (if pt has an enteral tube)
- Use Apple juice for renal transplant and renal failure pts.

- If BG < 70 mg/dL, RN to write a "HOLD" order for all insulin products **and** all oral diabetic medications using "secondary" as an order source. RN to notify provider of all medications on HOLD and get an order to resume insulin and/or oral diabetic meds from provider when applicable.

### MEDICATIONS

#### Mild Hypoglycemia medications

- Glucose 4 Gm Tabs, give 16 Gm Po for BG = 60-69 mg/dL if juice/non diet soda not available. Continue until BG ≥ 80 mg/dL. RN to contact pharmacy to enter NG order if pt cannot take by mouth. Total number of doses given = \_\_\_\_\_.

(Per STP-984 Hypoglycemia Treatment for Symptomatic Patients by the Medical Emergency Team)

- Dextrose 50%, 25 mL IV Push for BG = 60-69 mg/dL if pt is NPO, not alert enough to take Po's, or markedly symptomatic for hypoglycemia. Continue until BG ≥ 80 mg/dL. Total number of doses given = \_\_\_\_\_.

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MEDITECH MNEMONIC: STP.984

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Moderate Hypoglycemia medications

- Glucose 4 Gm Tabs, give 20 Gm Po for BG = 50-59 mg/dL if juice/non diet soda not available. Continue until BG  $\geq$  80 mg/dL. RN to contact pharmacy to enter NG order if pt cannot take by mouth. Total number of doses given = \_\_\_\_\_.  
(Per STP-984 Hypoglycemia Treatment for Symptomatic Patients by the Medical Emergency Team)
- Dextrose 50%, 25 mL IV Push for BG = 50-59 mg/dL if pt is NPO, not alert enough to take Po's, or markedly symptomatic for hypoglycemia. Continue until BG  $\geq$  80 mg/dL. Total number of doses given = \_\_\_\_\_.  
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Severe Hypoglycemia medications

- Glucose 4 Gm Tabs, give 32 Gm Po for BG < 50 mg/dL if juice/non diet soda not available. Continue until BG  $\geq$  80 mg/dL. RN to contact pharmacy to enter NG order if pt cannot take by mouth. Total number of doses given = \_\_\_\_\_.  
(Per STP-984 Hypoglycemia Treatment for Symptomatic Patients by the Medical Emergency Team)
- Dextrose 50%, 50 mL IV Push for BG < 50 mg/dL if pt is NPO, not alert enough to take Po's, or markedly symptomatic for hypoglycemia. Continue until BG  $\geq$  80 mg/dL. Total number of doses given = \_\_\_\_\_.  
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- Glucagon 1 mg IM for BG < 50 mg/dL if patient does not have IV access. Reconstitute with 1 mL of sterile water for injection to yield a 1 mg/mL solution. May repeat x 1 dose in 20 mins if BG is still < 50 mg/dL. May give SubQ if unable to give IM. Total number of doses given = \_\_\_\_\_.  
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