

Management of Hyperglycaemia

Recommendations for the management of capillary blood glucose levels:

Capillary blood glucose		
Less than 6 mmol/L	➔	Notify GP for review of diabetes medication
6 – 15 mmol/L	➔	This range is acceptable If the patient has hypoglycaemia (More than twice a month) notify the GP for review of diabetes medication.
Greater than 15 mmol/L	➔	Carry out ketone urine test. Notify GP to review diabetes medication.
Greater than 25 mmol/L	➔	Notify GP for active treatment guidance.
Complications of high blood glucose- hyperglycaemia		
<p>Hyperglycaemic Hyperosmolar State</p> <p>This occurs in people with Type 2 diabetes who are experiencing very high blood glucose levels (greater than 40 mmol/L).</p> <p>It can develop gradually, over a course of weeks, through a combination of illness, dehydration and an inability to take routine diabetes medication. Symptoms include frequency urination, great thirst, nausea, dry skin and mucous membranes, disorientation and during later stages; drowsiness and loss of consciousness.</p> <p>This is a potential life-threatening emergency and hospitalisation is required.</p>		<p>Diabetic ketoacidosis</p> <p>This occurs when ketones develop when the blood glucose level is high and there is a lack of insulin available to the body.</p> <p>Because the body cannot use glucose, it burns fat as an alternative energy source. The by-product of this process is the production of ketones. Ketones are easily detected by a simple urine test, using strips available on prescription. People with diabetes should be tested for capillary ketones if their blood glucose is high or they have symptoms of ketoacidosis.</p> <p>Any person with diabetes who relies on administering insulin could develop diabetic ketoacidosis.</p>

Hyperglycaemia - happens when blood glucose levels rise **too high**.

There is no cut off as high blood sugar levels needs to be assessed in the context how well a person with diabetes is. Generally, once the blood glucose is above 25 mmol/L, a person feels unwell, and has symptoms.

Be aware that glucose between 15-25 mmol/L can be too high for an unwell person with diabetes.

The symptoms include:

- increased thirst and urination
- headaches
- lethargy/ lack of energy

Guidelines for Older Residents in Age Related Residential Care (ARRC) Facilities