

Kids.

Algorithm for Diabetes Sick Days

billingsclinic.com/ketones

WHEN YOUR START HERE



ALWAYS CHECK blood sugar (BS) and ketones (urine or blood)

BS is within target range, and ketones are negative.

BS < 150 and urine ketones are mod/large -or-blood ketones > 1.5

BS 150-250 and urine ketones are mod/large
-orblood ketones > 1.5

BS >250 and
urine ketones are mod/large
-orblood ketones > 1.5



Continue to check BS and ketones every 3-4 hours.



Schedule appointment with primary MD if fever or infection is present.



Give fluids with sugar.



Recheck BS and ketones every 1-2 hours.



Will need extra insulin when BS is >150



Give 10-20% of **total** daily insulin dose (or correction dose x1) using Humalog or Novolog.



Give fluids with sugar and water (as much as possible) every hour.



Recheck BS and ketones every 2-3 hours.



Give 10-20% of **total** daily insulin dose (or correction dose x1) using Humalog or Novolog.



Give non-sugar fluids (as much as possible) every hour.



Recheck BS and ketones every 2 hours.

Extra rapid-acting insulin given until BS is in target range and ketones are negative.

If urine ketones are large or blood ketones are >1.5 in 2-4 hours, call Billings Clinic Pediatric Diabetes staff or doctor on-call.



FOR PUMPERS: If BS is >250 and large urine ketones or blood ketones > 1.5, give first dose of insulin with a syringe, then change site of infusion.

FOR VOMITING: Wait 30-45 minutes, then give clear fluid sips every 15 minutes. Increase amount when possible.

3 or more times: call Billings Clinic Pediatric Diabetes staff or doctor on-call.





Self-Management Tool and Behavioral Goal

Billings Clinic		and Behavi
···Kids····	Name	Date

Current A1c:		Goa	Goal A1c:		Behavioral goal (specific and measurable):	
A1c: APPROXIMATE CONVERSION TO BLOOD SUGAR LEVELS						
		A1c Value	Glucose mmol/L (mean)	Glucose mg/dL (mean)		
÷ (::)		12.0%	19.5	345		
		11.0%	17.5	310		
	ACTION SUGGESTED	10.0%	15.5	275		
		9.0%	13.5	240		
	CAUTION	8.0%	11.5	205		
	EXCELLENT	7.0%	9.5	170		
\odot		6.0%	7.5	135		
Adapted from American Diabetes Association Standards of Medical Care in Diabetes Diabetes Care 28:S4-S36, 2005 Action plan to meet this goal:						
51000000 0010 20.01 000 ₁ 2000						
Insulin or medication changes:						
Basal settings:						
Carb ratio:						
Correction and target:						

Follow-up appointment: