

Diabetes

Diabetes is a condition which is caused by an imbalance of sugar, or glucose, in the blood. Diabetic emergencies appear in two forms: Hypoglycaemia (low blood sugar) and Hyperglycaemia (high blood sugar)

High Blood Sugar

Symptoms

- Hot dry skin
- Excessive thirst
- Excessive Urination
- Tiredness
- Blurred vision
- Loss of Weight
- Smell of acetone on breath

Treatment

- Encourage the patient to drink water
- Seek medical assistance if symptoms worsen
- Encourage the patient to seek medical assistance if not yet diagnosed with diabetes.

Low Blood Sugar

Symptoms

- Weakness
- Trembling
- Shaking
- Paleness
- Sweating
- Headache
- Faintness, dizziness
- Lack of concentration
- Irritability
- Hunger
- Numbness around lips and fingers
- Confusion
- Loss of consciousness
- Seizures

Treatment

- Help the patient to sit or lie down in a place of comfort
- Reassure the patient
- Loosen any tight clothing
- Give the patient sugar ie. Jelly Beans, soft drink, orange juice, honey, glucose tablets. No diet drinks
- Continue giving sugar every 15 minutes.
- Follow with carbohydrates such as bread, pasta etc
- Call 000

NB: First Aider should never touch an insulin pump

