



## Colorado EMS Primary Instructor Training Lesson Guide

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**Session Title:** Recognition of the Patient With Hypoglycemia

**Session Reference:**

**Time Required:** 10 minutes

**Materials:**

**References:** National D.O.T. E.M.T. Curriculum

**Prepared By:**

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## **Preparation / Set:**

### **Attention / Motivation:**

Diabetes is a prevalent disease in the United States. Estimates range from 2 % to 5 % of the population having diabetes. In the hypoglycemic crisis the central nervous system is starving. Early recognition of hypoglycemia will prevent the death of even more nerve cells.



**Objectives:**

At the completion of this session, the student will be able to:

1. State the typical signs and symptoms of the patient suffering from hypoglycemia and the cause of these signs and symptoms.

**Session Overview:**

- C Signs and symptoms of hypoglycemia
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Instructor Notes	Outline
	<ul style="list-style-type: none"> <li>I. Signs and symptoms associated with hypoglycemia                             <ul style="list-style-type: none"> <li>A. Rapid onset of altered mental status                                     <ul style="list-style-type: none"> <li>1. After missing a meal on a day the patient took their prescribed insulin</li> <li>2. After vomiting a meal on a day the patient took their prescribed insulin</li> <li>3. After an unusual exercise or physical work episode</li> <li>4. May occur with no identifiable predisposing factor</li> </ul> </li> <li>B. Intoxicated appearance                                     <ul style="list-style-type: none"> <li>1. Staggering</li> <li>2. Slurred speech</li> <li>3. Unconsciousness is possible</li> </ul> </li> <li>C. Elevated heart rate</li> <li>D. Cold, clammy skin</li> <li>E. Hunger</li> <li>F. Seizures</li> <li>G. Insulin or oral diabetes med found on scene</li> <li>H. Uncharacteristic behavior</li> <li>I. Anxious</li> <li>J. Combative</li> </ul> </li> </ul>

**Summary:**

**Review:**

C Signs and symptoms of hypoglycemia

**Re-motivation:**

**Evaluation**

Written test and/or quizzes.