



BRENTFORD SCHOOL FOR GIRLS

BRENTFORD 6th FORM

VISION | CREATIVITY | EXCELLENCE

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Diabetes

Diabetes is a medical condition in which there is little or no insulin production in the pancreas. The result is an inability to process carbohydrates, fats and proteins correctly.

Most people with diabetes manage their condition well with diet and/or self-administered insulin. Sometimes sugar levels may drop and the individual needs urgent first aid. This condition is called hypoglycaemia or a 'hypo'

Symptoms and signs – Not all may be present

- extreme tiredness and loss of concentration
- severe thirst
- abdominal pain nausea or vomiting
- dizziness and loss of coordination
- erratic or argumentative behaviour
- rapid loss of consciousness if not treated promptly
- persistent headache
- pale or sweaty skin
- can seem drunk

Aim – to raise the sugar levels.

If the individual is still fully conscious and able to swallow, give a sweetened drink, chocolate or glucose sweets to suck – an improvement usually occurs within minutes.

- When the individual is more alert, offer a more substantial carbohydrate meal of a sandwich or several sweet biscuits.
- If the individual has improved with the intake of carbohydrate, medical advice is still necessary because a further deterioration may occur at any time. The patient should still see a doctor. If there is no improvement after swallowing the sweet food or drink, or, if further deterioration occurs and swallowing becomes difficult – call 999 for an ambulance.

If the individual is unconscious, support them in the recovery position and call 999 for an ambulance. In this situation, DO NOT give the individual anything to eat or drink.

- Give frequent reassurance during recovery because the individual may be confused until fully recovered.

"TOP 100 NON-SELECTIVE STATE-FUNDED SCHOOLS IN THE COUNTRY" NICK GIBB, MINISTER OF STATE FOR SCHOOLS (FEBRUARY 2016)

