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# Hypoglycemia

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Hypoglycemia refers to the levels of sugar (glucose) in the body dropping too low (usually below 4mmol/L). Hypoglycemia mainly affects people who have diabetes, especially when they take insulin.



## Signs and Symptoms

- Feeling hungry
- Sweating
- Tingling lips
- Feeling shaky/trembling
- Dizziness
- Feeling tired
- Palpitations (A fast or pounding heart)
- Becoming irritable, tearful
- Turning pale

If the initial onset of hypoglycemia isn't treated then further symptoms can develop:

- Weakness
- Blurred vision
- Difficulty concentrating
- Confusion
- Unusual behaviour such as slurred speech/clumsiness
- Tiredness
- Seizures
- Collapsing/passing out



## Causes

- Administering too much insulin
- Skipping/delaying a meal
- Eating less carbohydrate based food
- Intense or unplanned exercise/physical activity

## Ward Based Management



- Take physical observations including blood sugar levels
- Call the doctor
- Encourage patient to eat/drink
- Continually assess patient's symptoms for any improvement/deterioration
- If the patient becomes unconscious or drowsy then follow emergency protocol