**Type 1 Diabetes**

**Summary**

A serious lifelong condition where blood glucose (BG) levels become too high; the pancreas is not making the ‘insulin’ hormone that manages BG levels in the blood.

Patient should have a Medical Management Plan, agreed with their Diabetes Healthcare Team/ NHS provider.

**Symptoms**

*Pre-diagnosis*:

* Need the toilet
* Extremely thirsty
* Tiredness
* Weight loss

*Hyper* (blood sugars too high):

Needing the toilet more frequently, very thirsty, headaches, tiredness/lethargy

*Hypo* (blood sugars too low):

Confused, drowsy, unconscious, have a fit.

**Strategies**

BG levels need to be checked regularly: should be between 4 and 8. Patient will do a finger prick test or have a ‘CGM’ attached to their body (usually arm).

*Hyper treatment*: Insulin needs to be injected into the body, via a pen or pump. Check which method the patient uses. Drink sugar free fluids.

*Hypo treatment*: eat/drink fast acting carbohydrates (coke, glucose tablets, fruit juice, jelly babies, etc). Retest. Eat/drink a slow release carb (sandwich, fruit, cereal, milk).

*Severe*: put in recovery position, rub glucogel onto the inner cheek, call an ambulance (patient needs a glucagon injection)