

## How to Care for Your Child with Diabetes: Hyperglycemia

This leaflet will provide you with information about hyperglycemia causes, symptoms, diagnosis, treatment, and home care advice.

### What is a Hyperglycemia?

Hyperglycemia is when the level of sugar (glucose) in the blood is too high, above your child's target as decided by your doctor.

It is a common problem for children with diabetes. It can affect children with Type 1 diabetes and as well as children with Type 2 Diabetes Mellitus.

### What are the symptoms of Hyperglycemia?

Symptoms of Hyperglycemia develop slowly over several hours or days.



### What are the causes of Hyperglycemia?

A variety of things can cause Hyperglycemia in children with diabetes, including

- Insulin
  - Too little insulin or other blood-glucose-lowering medicines
  - Problems with Insulin pump or infusion set
- Food
  - Eating too many carbohydrates and not covering by insulin
- Other causes:
  - Low physical activity
  - Illness, infection and injury
  - Severe physical or emotional stress

## Home care advice

### How is Hyperglycemia treated at home?

To treat your child's hyperglycemia at home, make sure to:

- Check blood glucose level
- Check blood for ketones if blood glucose is greater than 250 mg/dL (> 14mmol/L)
- Your child may need an insulin correction dose; calculate the insulin correction dose as in your plan management by your diabetes team
- Recheck blood glucose every 2 hours to be sure the blood glucose is decreasing to your target range
- Encourage your child to drink plenty of water or non-sugar-containing drinks as this will help wash away ketones
- Follow your sick days management- if your child is unwell (having infection)
- If your child is on Insulin pump therapy- follow the advice on how to treat Hyperglycemia with moderate or large ketones in the blood

**Go to the Emergency Department:**

**If your child has high blood glucose levels and experiences the following symptoms:**

- Nausea and vomiting
- Severe abdominal pain
- Rapid, deep breathing
- Fruity breath
- Feeling sleepy or drowsy

These symptoms could be a sign of Diabetic Ketoacidosis, which is a serious complication of hyperglycaemia