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# General concepts in sick day management in diabetic children



# How do I control my child's blood sugar on sick days?

Controlling and maintaining blood sugar at regular levels is an important goal for every person diagnosed with diabetes, but this is especially important during sick days when a person has contracted a disease such as:

- Cold or flu.
- Sore throats and infections in general.
- Injuries.
- Treatment of severe dental disease.



## How do I control my child's blood sugar on sick days?

- Undergoing surgery.
- Psychological stress.
- Menstrual cycle in girls.



During illness, the body is in an emergency state, and to be able to deal with it, it secretes hormones that **raise blood sugar** and increase the resistance of cells to insulin and thereby **reduce the effect of insulin**. As a result, blood sugar rises.



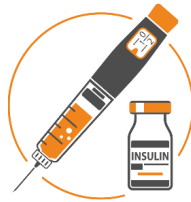
# What are the rules for dealing with diabetes on sick days?

1. Go to the doctor to find out the main cause of the disease and treat it
2. Never stop long-acting insulin (Lantus) even if the child is not eating.
3. Drinking water.
4. Blood sugar analysis every 3 hours.



# What are the rules for dealing with diabetes on sick days?

5. If blood sugar is more than 200 mg/dL give a correction dose of 1 unit insulin, or according to the child's correction factor.
6. Check for ketones level in blood or urine
7. When ketones appear, you should go to the emergency department immediately.
8. If the child does not eat or refuses food, he should go to the emergency department to take the IV nutrient (glucose) and take the usual doses of insulin.



## What are the rules for dealing with diabetes on sick days?

9. If the child is vomiting, he must go to the emergency department immediately to take the IV nutrient (glucose) and take the usual doses of insulin
10. If the child refuses to eat or is vomiting and the blood sugar is **low under 80 mg / dl**, he should go to the emergency department



# What are the rules for dealing with diabetes on sick days?

11. If there is a decrease under 100 mg / deciliter, the child should not take the dose of short-acting insulin (meal insulin) with the meal, but rather eats first and then analyzes the blood sugar.



## What are the rules for dealing with diabetes on sick days?

12. If the child does not want to eat a meal or does not eat it completely, half the dose of the short-acting insulin should be taken.

**Example:** If he takes 2 units of insulin on his meal and the child does not want to eat the whole meal or does not eat it completely, then after eating the meal he takes only 1 unit of insulin instead of 2 units of insulin.





### Sources and references:

The primary diabetes type 1 educational booklet. Dr. Rana albalwi, Ibtihal almntasheri.

All Picture used are from canva.

### Audit and review:

The content of this booklet has been reviewed by pediatrics endocrine and diabetes consultants at King Fahad Hospital of the University.

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Health awareness Unit

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