

## Quick Reference Emergency Sheet

### Hyperinsulinism-Hyperammonemia

#### Ashlee Tallis

6<sup>th</sup> Grade-Imlay City Middle School



#### Times to check blood sugar

- 45 minutes after lunch
- After gym
- Any time Ashlee acknowledges not feeling well
- Any time a staff member recognizes signs/symptoms

**Please do not send Ashlee to the office alone if low sugar is suspected.**

#### Symptoms that Ashlee may show if sugars are low

- Clumsy
- Seems to not be paying attention
- Clammy/sweating
- Thirsty
- Use the bathroom a lot
- Work doesn't show the normal neatness
- Lethargic
- Appears disoriented
- Head/body droopy/loses muscle tone

#### 2 Kinds of Low Blood Sugars

- Activity induced
- Due to insulin levels-associated with protein ingestion

#### High Blood Sugar

- Not seen as an emergency; however there will be side-effects of wanting/need to drink a lot

#### Blood Sugar Plan

**90 and up:** No action needed

**80-89:** Allow to get a drink/juice or full sugar soda (Coke/Pepsi, etc.)

**70-79:** Must drink and have a carb-based snack. Recheck sugar in 20 minutes.

**49-69** 1. Give drink and carb-based snack quickly, 2. Call mom/dad, and recheck in 20 minutes.

*Carb based snack = pretzels, chips, any candy (sugar), cookies, crackers, bread, etc.*

#### Contact Numbers:

**1. Mom:** Dina Tallis  
Home/Cell (810) 656-4030  
Work (810)724-9895  
Work #2 (810) 724-9812 (press 0 for secretary)

**2. Dad:** Dan Tallis  
Work (586) 709-2867  
Home/Cell (810) 656-6570

#### Severe Symptoms

- Loss of consciousness
- Seizure
- Blood sugar under 49

#### Severe Treatment

1. Contact parents
2. Call 911
3. Stay with student

Please Note: if Ashlee has lost consciousness, 911 would be an appropriate first step.

#### Other Information

**Medicine:** Proglycem (insulin blocker) 4 ML's 1X's p/day

**Allergies:** Penicillin & E-mycin

**Body Temperature:** Ashlee will run a higher than normal body temperature, especially during times of increased activity (gym/recess & after gym/recess). This will also be accompanied with a stomach ache and usually resolves itself after a drink, snack, and lower activity levels.