15 HYPOGLYCAEMIA

Hypoglycaemia refers to low blood glucose levels which are typically below 3.9 mmol/L and is treated with glucose. Blood glucose levels should always be checked before giving glucose.



TREMBLING



DIZZINESS

NUMBNESS









()6 HYPERGLYCAEMIA

Hyperglycaemia refers to high blood glucose levels which are typically above 10 mmol/L and is treated with insulin

Signs & Symptoms of Hyperglycaemia



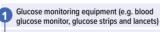
HYPOGLYCAEMIC KIT

It is important to treat hypoglycaemia quickly. Always accompany player until they receive hypoglycaemic treatment

Ensure players have access to their hypoglycaemia kit AT ALL TIMES

It is recommended players should not train and avoid physical activity if they do not have their kit with them. Confirm this with the player's parent/quardian

While most instances of hypoglycaemia can be treated with glucose, seek further assistance (000) if player is unresponsive.



At least 4 serves of the player's preferred quick acting glucose treatments (e.g. glucose tablets or similar)

Optional: Longer acting carbohydrate (e.g. fruit, muesli bar, sandwich) for follow up treatment

O8 PRECAUTIONARY MEASURES FOR EXERCISE

Coaches should support players to carry out these measures before, during and after activity.

BEFORE TRAINING SESSIONS / GAMES

- ✓ Players must have their T1D hypoglycaemia kit with them (glucose monitoring device, hypoglycaemia treatment)
- ✓ Players may supply coach/club with backup glucose for hypoglycaemia treatment (e.g. glucose tablets, glucose gel or player's preference)
- ✓ Player should check pre-exercise glucose levels

DURING TRAINING SESSIONS / GAMES

- ✓ Monitor glucose levels regularly
- ✓ Regular fluid intake
- ✓ Treat low blood glucose as per players management plan

AFTER TRAINING SESSIONS / GAMES

- ✓ Check post-exercise glucose levels
- ✓ Treat low blood glucose as per players management plan. Do not leave the player unaccompanied with low blood alucose levels.
- ✓ Player should have carbohydrates for hypoglycaemia treatment for the trip home

Type 1 Diabetes & Physical Activity



Useful information relating to diabetes management during sport and exercise

RIO TINTO CHILDREN'S DIABETES CENTRE A JDRF Global Centre of Excellence







WHAT IS TYPE 1 DIABETES?

Type 1 diabetes (T1D), is a lifelong disease whereby the body's immune system destroys its insulin-producing cells (beta cells).

Insulin converts food to glucose so it can enter the bloodstream and be used for energy.

As little or no insulin is produced, people living with T1D must administer insulin to survive.

T1D is one of the most common chronic childhood conditions.

There is no way of preventing the onset of T1D.

There is currently no cure for T1D.

O2 HOW IS TYP MANAGED? **HOW IS TYPE 1 DIABETES**



Insulin Regimen



Glucose Monitoring



Carbohydrate Counting



Balanced Diet



Regular Exercise

HOW IS INSULIN ADMINISTERED?

Two ways of administering insulin:



MULTIPLE DAILY INJECTIONS (MDI)

Three or more injections throughout the day consisting of short-acting and longacting insulin.



INSULIN PUMP

NOTE: Coaches should not initiate these measures, but instead, help support players when they are administering insulin.

HOW ARE GLUCOSE LEVELS MONITORED?

Monitoring blood glucose levels is essential in T1D management to help optimise blood glucose levels. Here are the different ways of monitoring:



CONTINUOUS GLUCOSE MONITOR (CGM)

Device continuously reads glucose levels and provides realtime readings every 5 minutes on phone or pump.



INTERMITTENT GLUCOSE MONITOR

Sensor worn on the arm that will show alucose levels when scanned with a reader or smart phone.



BLOOD GLUCOSE MONITOR

A drop of blood is placed on a glucose strip and inserted inside the meter

To learn more about managing Type 1 diabetes during sport and exercise. scan the QR code.



Or connect with us through:

diabetes.telethonkids.org.au

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