

**HACKETTSTOWN REGIONAL MEDICAL CENTER
CARDIO PULMONARY POLICY MANUAL
DIABETIC ACTION PLAN FOR PULMONARY REHABILITATION**

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Purpose: To outline the procedure for known diabetic, while they are participating in pulmonary rehabilitation, to treat any low blood sugar readings.

Procedure: Patients with known diabetes who monitor their glucose levels should bring their own glucometer and testing supplies to their Pulmonary Rehabilitation sessions. Patients will be encouraged to speak with their physician about their individualized treatment of blood sugar lows. In the event the patient has not received specific instructions from their physician, the following scale and treatment will be utilized for blood sugar lows.

- The patient will be encouraged to test their glucose level within 1 hour of the start the session until a baseline is established. The patient will be encouraged to retest during their first 5 sessions and if they experience any signs or symptoms of low blood sugar.
- The symptoms of low blood sugar are as follows:
 - Hunger
 - Shakiness
 - Nervousness
 - Sweating
 - Dizziness or light-headedness
 - Sleepiness
 - Confusion
 - Difficulty Speaking
 - Anxiety
 - Weakness

If no individual management plan has been received by the patient physician the following will be utilized:

- Glucose levels below 100 will require the patient to have a snack, either provided by the patient or those provided by the center with a minimum of 15 g. of carbohydrates. The patient will remain resting after consuming the snack and retest their glucose 15 minutes later. If the glucose level is still below 100, the patient may have another snack and retest in 15 minutes. If the patient's blood sugar levels do not improve after this sequence the patient will be encouraged to go to the emergency department and the session will end.

If the patient does not bring their glucometer and experiences symptoms during the session, they will be counseled to go to the emergency department and be offered a snack.

All glucometer readings and documentation will be recorded on the patients' daily summary sheet.