

Emergency Health Care Plan (ECP)

The ECP (sometimes called EHP) details appropriate procedures to follow in case of a medical emergency. Approved school personnel and providers are trained on the plan so that they are prepared when an urgent situation arises. For instance, if Mr. Logan is off site, trained school personnel determine what to do for Megan if she has a diabetes-related emergency. See below for an example of Megan's ECP.

Emergency Care Plan

Identifying Information

Child's Name: Megan Giachelli

Child's Date of Birth: 05/12/XXXX

Medical Diagnosis: Type 1 Diabetes

Other: Spastic Quadriplegic Cerebral Palsy (CP)

Emergency contact information:

Parents: Bill and Sandy Giachelli*

3324 Mansfield Lane
Milan, Florida 56758

Mom's cell: 556.8599

Dad's cell: 814.6523

Dad's Work: 258.4156

Home: 251.4444

*If unable to reach parents, please call:

Megan's grandparents: Mr. and Mrs. Reynolds

234 B Hillwood Plaza
Milan, Florida 56578
Home: 251.4190

*Parents have indicated that they would like involved personnel to call 911 prior to calling them in the case of an emergency.

Endocrinologist: Dr. Lane Blevis

1266 Kirby Parkway, Suite 23

Milan, Florida 56757

Office: 251.3366

Pager: 255.9898

Primary Care Physician: Dr. S. Williams

1323 Windsor Way

Milan, Florida 56757

Office: 251.4438

Pager: 255.9294

Preferred Hospital: Milan Children's Medical Center

General information: Type 1 diabetes, formerly called juvenile diabetes, is a chronic disease. It occurs when the body makes little or no insulin. It is generally diagnosed during childhood, the teen years, or during young adulthood.

Megan is at risk for serious medical complications if her blood-glucose levels become too low or too high. Treating Megan's diabetes requires keeping her blood-glucose level as normal as possible. This is accomplished in three ways:

- Food intake, which causes the glucose level to rise
- Exercise, which causes the glucose level to fall
- Insulin injection, which causes the glucose level to fall

If the balance is off, either of the following type 1 diabetes emergencies may result:

- 1) hypoglycemia: low blood glucose
- 2) hyperglycemia: high blood glucose

The emergency situation you are most likely to have with Megan is low blood glucose. This is often the result of the individual's not eating enough food, engaging in too much physical activity without eating, or having too much insulin.

Post This Page Only

Emergency Procedures: Megan

Emergency procedures for any school personnel:

If you see that Megan is having a seizure, that she has lost consciousness, or that she is unable to swallow: Call 911, then her parents.

Bill and Sandy Giachelli Home: 251.4444 Mom's cell: 556.8599 Dad's cell: 814.6523 Dad's Work: 258.4156
If unable to reach her parents, please call Megan's grandparents: Mr. and Mrs. Reynolds Home: 251.4190

**Symptoms of low blood-glucose level (hypoglycemia)
(Megan's typical symptoms are marked by *):**

- Cold, clamminess*
- Fatigue/Tiredness*
- Mood changes*
- Pale, moist skin*
- Shakiness*
- Thirst*

Other possible symptoms:

- Blurred vision
- Dizziness
- Extreme hunger
- Headache
- Mental confusion
- Rapid pulse rate
- Shallow breathing
- Sweating tremors

**Symptoms of high blood-glucose level (hyperglycemia)
(Megan's typical symptoms are marked by *):**

- Frequent urination *

Other possible symptoms:

- Blurry vision
- Drowsiness
- Headache
- Lethargy
- Nausea
- Stomach ache
- Thirst

If you see any of the symptoms listed above, call approved personnel:

**School Nurse: Mr. Logan ext. 6798
Classroom Teacher: Mrs. Jameston ext. 6790
P.E. Teacher: Coach Lei ext. 6736**

If you see any of the symptoms listed above, call approved personnel:

**School Nurse: Mr. Logan ext. 6798
Classroom Teacher: Mrs. Jameston ext. 6790
P.E. Teacher: Coach Lei ext. 6736**

Emergency procedures for approved personnel:

School Nurse: Mr. Logan ext .6798
Classroom Teacher: Mrs. Jameston ext. 6790
P.E. Teacher: Coach Lei ext. 6736

If you see that Megan is having a seizure, that she has lost consciousness, or that she is unable to swallow: Call 911, then her parents.

Parents: Bill and Sandy Giachelli Home: 251.4444 Mom's cell: 556.8599 Dad's cell: 814.6523 Dad's Work: 258.4156
 If unable to reach her parents, please call Megan's grandparents: Mr. and Mrs. Reynolds Home: 251.4190

Do Not:

- Leave Megan unattended
- Call 911 until you have assessed Megan's blood-glucose level

Do Not:

- Leave Megan unattended
- Call 911 until you have assessed Megan's blood-glucose level

If You See This

Symptoms of low blood-glucose level (hypoglycemia)
(Megan's typical symptoms are marked by *):

- Cold, clamminess*
- Fatigue/Tiredness*
- Mood changes*
- Pale, moist skin*
- Shakiness*
- Thirst*

Other possible symptoms:

- Blurred vision
- Dizziness
- Extreme hunger
- Headache

If You See This

Symptoms of high blood-glucose level (hyperglycemia)
(Megan's typical symptoms are marked by *):

- Frequent urination *

Other possible symptoms:

- Blurry vision
- Drowsiness
- Headache
- Lethargy

<ul style="list-style-type: none"> • Mental confusion • Rapid pulse rate • Shallow breathing • Sweating tremors 	<ul style="list-style-type: none"> • Nausea • Stomach ache • Thirst
Do This	Do This
<p>Treatment for low blood glucose (less than 70 mg/dl):</p> <ul style="list-style-type: none"> • Test Megan’s blood glucose by using the instructions for monitoring blood glucose. • If Megan is awake and she can swallow, provide her with a half cup of apple juice or 2 glucose tablets. • Test her again in approximately 10-15 minutes. If her level is still low, add another 15 grams of carbohydrates. • If her blood glucose remains low, call Megan’s parents. <p>In the case of severe hypoglycemia, use the glucagon emergency kit if Megan experiences a seizure, unconsciousness, or an inability to swallow.</p>	<p>Treatment for high blood glucose (higher than 200 mg/dl):</p> <ul style="list-style-type: none"> • Test Megan’s blood glucose by using the instructions for monitoring blood glucose. • If Megan’s blood- glucose level is high, use the chart that balances glucose count with carbohydrate intake to determine how much insulin to inject. • If her blood glucose remains high, call Megan’s parents.

Tips and suggestions for helping Megan:

- Watch her behavior before and after she eats.
- Make sure she eats all meals and snacks on time with no delays.
- Treat Megan normally.
- Allow Megan to follow her regular schedule as much as possible.
- Don’t schedule physical activity for Megan close to her meal or snack time.
- Communicate with teachers and other school personnel regarding any unusual symptoms related to Megan’s diabetes.
- Allow Megan to have unrestricted bathroom breaks.

Supplies checklist: (Provided by parents)			
✓	Glucose meter	✓	Glucagon emergency kit
✓	Control solution for meter	✓	Drinks
✓	Batteries for the meter	✓	Snacks
✓	Test strips for meter	✓	Glucose tablets
✓	Insulin	✓	Medical doctor's orders
✓	Lancing device and lancets	✓	Medical information

Note: A copy of this emergency plan will be sent to Drs. Blevis and Williams.
 A copy of this emergency plan will be posted in the following locations:

- School Cafeteria
- Library
- Mrs. Spear's Room 7
- Ms. Thompson's Room 8
- Mr. Lovitt's Room 9
- Mr. Casuelo's Room 10
- Mrs. Navelle's Room 6
- Ms. Hooper's Room 3

Parent(s) or Guardian Signature: _____ **Date:** _____

School Nurse Signature: _____ **Date:** _____

Other Trained Personnel/Title: _____ **Date:** _____

Other Trained Personnel/Title: _____ **Date:** _____

Other Trained Personnel/Title: _____ **Date:** _____

Note: The persons presented in this document are entirely fictitious. Any resemblance to actual persons is unintentional.