

Diabetic Emergencies

First Steps

If you have a crew member on board who suffers from diabetes, the Master needs to know how they manage it and what medication they are taking.

The following information is for people who are unaware that they are experiencing a diabetic emergency. As Hypoglycaemia and Hyperglycaemia are severe medical emergencies, call your designated telemedicine provider immediately.

Assess the severity by:



Taking /accessing the patient's history



Examining the patient



If the patient has collapsed and is unconscious and not breathing, follow CPR - Rapid Action Plan

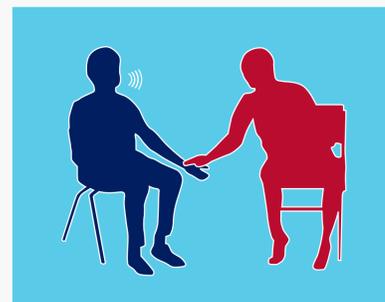
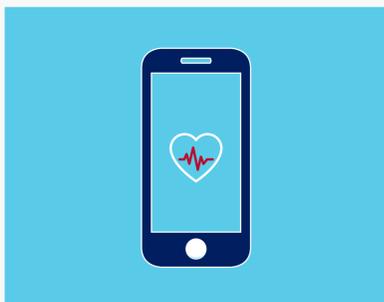
Action Plan

Hypoglycaemia

Where blood sugar level is lower than normal.

What to do:

1. Call the designated telemedicine provider as soon as you suspect that the patient is hypoglycaemic (from signs/symptoms mentioned on the diabetes poster).
2. Help the patient sit down, give them something sugary, such as sugar lumps or sweets (approx. three pieces) or 150ml of fruit juice or a non-diet fizzy drink. If they are not fully alert, don't try to give them anything to eat or drink as they may choke.
3. If they improve, repeat step 2) and let them rest.
4. Once the diagnosis has been confirmed, contact RCC (Rescue Co-ordination Centre) for emergency evacuation.
5. In the meantime, continue monitoring the patient's breathing and their response signals. If they become unresponsive at any point, prepare to start CPR.



Hyperglycaemia

Where blood sugar level is higher than normal.

What to do:

1. Call the designated telemedicine provider as soon as you suspect that the patient is hyperglycaemic (from signs/symptoms mentioned on the diabetes poster).
2. Once the diagnosis has been confirmed, contact RCC (Rescue Co-ordination Centre) for emergency evacuation.
3. In the meantime, continue monitoring the patient's breathing, pulse and their response signals. If they become unresponsive at any point, prepare to start CPR.