

Appendix 2. Example care plan for discharge of babies who have refractory hypoglycaemia
(please discuss with endocrine team)

MEDICAL PLAN FOR BABY **

Baby ** makes too much **insulin**, which makes it possible for his blood glucose level to go too low. The aim of treatment is to prevent low blood glucose.

A blood glucose less than 3 at any time could be harmful.

A blood glucose above 12 for a long time could be harmful.

We aim to keep the blood glucose between 4 and 8. Low ones are most likely to happen before a feed. High ones are most likely to happen after a feed.

We have shown that, with 4 hourly feeding, a normal glucose lasts for up 6 hours after a feed, but the blood glucose *could* go too low if he misses more than 1 feed or if he vomits feeds. There is also a risk of low glucoses after shorter intervals if there is a small increase in the amount of insulin produced. It is likely that the tendency to have low blood glucose will resolve in time.

Feeding

Baby ** is fed with ** every 4 hours.

Baby ** should not be left longer than 4 hours between feeds.

When to check a blood glucose level

1. Every 8 hours when discharged home, with the first one before 1st feed of the day. This is when the glucose is likeliest to be lowest. For the present, the longest interval between feeds should not exceed 4 hours,
2. **At other times before feeds, if required**, and especially if any glucose has been low in the preceding 24 hour period.
3. If Baby ** is unwell, e.g. vomiting, off feeds.

Write down all the blood glucose results in a diary or a notebook.

Blood Glucose Results

- 4-10:** Continue the usual feeding plan.
- 3-4:** Give the usual feed. Repeat the blood glucose 1 hour after this feed. If it is still less than 4 seek medical advice. If it is above 4 continue the normal feeding plan and repeat the blood glucose before the next feed.
- < 3:** Give a normal feed. Recheck glucose after 20 mins and consider giving an extra top-up feed with formula.
Seek medical advice.
- < 2.5mmol/l:** Try a feed only if he seems completely well.
Seek medical advice immediately/attend nearest hospital.
- > 10:** Repeat the blood glucose the same day after a feed.

When to seek medical advice

1. If Baby ** has needed glucagon.
2. If blood sugar is less than 3 at any time.
3. If blood sugar is between 3 and 4 twice or more in 24 hours.
4. If blood sugar is less than 4 *and* Baby ** doesn't tolerate a feed or vomits a feed
5. If there are more than two results above 10 in any day

Contact Numbers:

During working hours:

Dr M Guftar Shaikh via secretary (0141 451 6548) or via switchboard 0141 201 0000

Endocrine Registrar via switchboard 0141 201 0000 (page 18301)

Susan McMahon Metabolic Nurse Specialist 07584159556

Out of hours/weekends:

On-call Endocrine consultant: via switchboard