

# diabetes blood sugar cards



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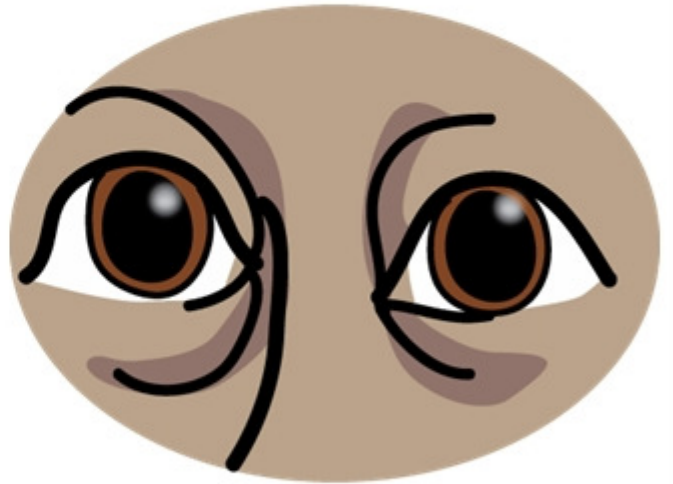


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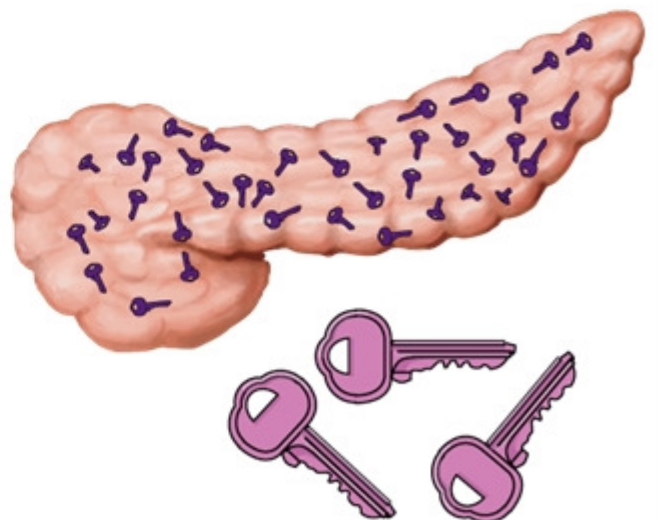


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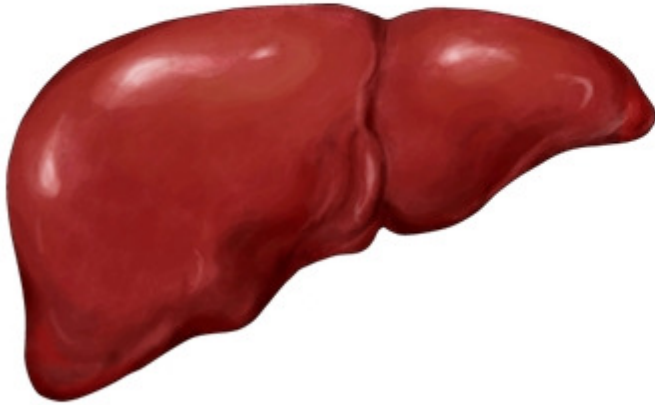


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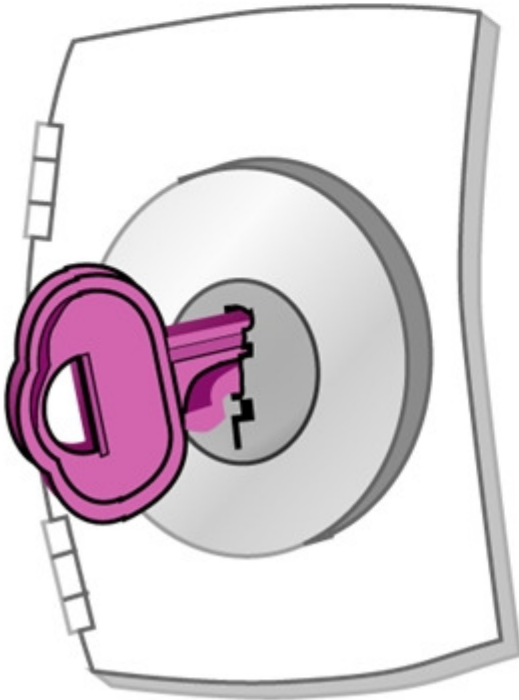
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## Health Professional Facilitator Information

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### Purpose of resources:

To provide scenarios which allows you to use the blood sugar cards when educating.

### Rational;

Diabetes cards provide a flexible way to have conversations about different topics

Wikipedia's list of signs and symptoms have been referenced for the cards:

#### **Hypo**

##### Adrenergic manifestations

Shakiness, anxiety, nervousness

Palpitations, tachycardia

Sweating, feeling of warmth (although sweat glands have muscarinic receptors, thus "adrenergic manifestations" is not entirely accurate)

Pallor, coldness, clamminess

Dilated pupils (mydriasis)

##### Glucagon manifestations

Hunger, borborygmus

Nausea, vomiting, abdominal discomfort

Headache

##### Neuroglycopenic manifestations

Abnormal thinking, impaired judgment

Nonspecific dysphoria, moodiness, depression, crying, exaggerated concerns

Feeling of numbness "pins and needles" (paresthesia)

Negativism, irritability, belligerence, combativeness, rage

Personality change, emotional lability

Fatigue, weakness, apathy, lethargy, daydreaming, sleep

Confusion, amnesia, lightheadedness or dizziness, delirium

Staring, "glassy" look, blurred vision, double vision

Flashes of light in the field of vision

Automatic behavior, also known as automatism

Difficulty speaking, slurred speech

Ataxia, incoordination, sometimes mistaken for "drunkenness"

Focal or general motor deficit, paralysis, hemiparesis

Paresthesia, headache

Stupor, coma, abnormal breathing

Generalized or focal seizures

Memory loss, amnesia

### Related resources

- Signs & symptoms – Hypos – Low blood sugar
- Young female sugar cards
- Young male sugar cards
- Elderly female sugar cards
- Elderly male sugar cards

### Notes:

The resource can be printed A3 or A4 size and then laminated.

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