

Hypo & Hyper

Nursing

Two opposite emergencies, and the one measurement that separates them.

Hypoglycaemia

- Onset over minutes
- Sweating, tremor, hunger, palpitations
- Confusion, slurred speech, aggression
- Drowsiness, seizure, unconsciousness
- Can mimic intoxication or stroke

Hyperglycaemia

- Onset over hours to days
- Thirst, polyuria, fatigue, blurred vision
- Dehydration, weight loss
- Deep sighing breathing, ketotic breath
- Drowsiness as it progresses

THE DIFFERENCE THAT MATTERS

Any patient who is confused, drowsy or behaving oddly gets a blood glucose measured — it is fast, cheap and often the answer.

Educational reference. Treatment thresholds, glucose products and insulin adjustment follow local hypoglycaemia and diabetes protocols.