

# Hypoglycaemia awareness resources for healthcare professionals

## Healthcare professionals encouraged to consolidate knowledge for Hypo Awareness Week.

Do you know the signs and symptoms of hypoglycaemia, and how to treat a hypo correctly? Hypo Awareness Week is held each year to address such questions and to raise awareness of hypoglycaemia among healthcare professionals.

Hypoglycaemia is often defined as a blood glucose level of  $<4$  mmol/L. It can occur with or without symptoms, and episodes can be common in people with diabetes. Hypos need to be treated immediately – severe episodes that are not addressed can result in coma and death. It is vital, therefore, that clinical staff working with people with diabetes can recognise and manage episodes safely.

To this end, Diabetesonthenet.com has, over a number of years, produced a variety of excellent resources on hypoglycaemia for healthcare professionals. These complement the aims of Hypo Awareness Week in providing a deeper understanding of hypoglycaemia, and greater confidence in its prevention and management.

Readers are encouraged to explore the following resources:

### Resources on hypoglycaemia for healthcare professionals.

#### Quick guide

##### **How to prevent, identify and manage hypoglycaemia in adults with diabetes**

Essential information on hypoglycaemia, how to prevent it and how to treat it if it occurs.

Available [here](#)

#### Interactive case studies

##### **Hypoglycaemia and type 2 diabetes**

Everyday scenarios to help build your skills in managing hypoglycaemia in people with type 2 diabetes.

Available [here](#)

#### CPD module

##### **The six steps to insulin safety**

Includes a section on hypoglycaemia, for healthcare professionals who handle prescribe or administer insulin.

Available [here](#)

#### Factsheet

##### **Impaired hypoglycaemia awareness**

Its implications, plus advice on diagnosing and managing it.

Available [here](#)

**Citation:** Hypoglycaemia awareness resources for healthcare professionals. *Journal of Diabetes Nursing* (2024) **28**: JDN351