

Low Blood Sugar Levels Chart

Patient Name: Sarah Drewery **Date:** November 6, 2023

Blood Sugar Measurement	Result (mg/dL)	Interpretation
Fasting	85	☐ Within Target Range (70-99) ☐ Below Target Range (<70)
Before Meals	75	☒ Below Target Range (<70)
2 Hours After Meals	110	☐ Within Target Range (70-140) ☐ Below Target Range (<70)
Bedtime	95	☐ Within Target Range (70-130) ☐ Below Target Range (<70)

Symptoms

- ☒ Shakiness
- ☐ Sweating
- ☒ Dizziness
- ☐ Confusion
- ☐ Weakness
- ☐ Rapid Heartbeat
- ☒ Blurred Vision
- ☐ Irritability
- ☐ Others (specify): _____

Action Plan

Below Target Range: Sarah's before-meal blood sugar was below the target range at 75 mg/dL, indicating hypoglycemia. Administered 15g of rapid-acting carbohydrates (orange juice) as advised. Rechecked blood sugar after 15 minutes.

Recheck: Blood sugar rose to 95 mg/dL after consuming juice. Symptoms of shakiness and dizziness decreased.

Repeat if Needed: No need for further intervention as blood sugar is now within the target range. Advised Sarah to consume a balanced meal.

Above Target Range: No instances recorded in this observation.

Medication Adjustments: No adjustments necessary based on current readings.

Record: Noted all actions taken in the patient's log.

Notes and Recommendations:

Sarah experienced a mild hypoglycemic episode before a meal. The immediate intake of rapid-acting carbohydrates effectively elevated her blood sugar back into the target range. The blurred vision and dizziness improved post-consumption of juice. Advised Sarah to maintain a consistent meal schedule and consider a snack before extended periods without food to prevent further episodes of low blood sugar. Emphasized the importance of regular monitoring and adhering to the action plan when needed.