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TEACHING



# Hyperglycemia

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Hyperglycemia refers to the levels of glucose (sugar) in the body being too high. Hyperglycemia mainly affects people who have diabetes, especially in those who take insulin.



## Signs and Symptoms

- Increased thirst and a dry mouth
- Tiredness
- Blurred vision
- Intention to pass urine frequently
- Unintentional weight loss
- Recurrent infections such as thrush, bladder and skin infections



## Causes

- Stress
- Illnesses such as a cold
- Eating too much - especially sugary sweet foods
- A lack of exercise
- Dehydration
- Not being fully adherent or concordant with your prescribed insulin
- Taking certain medications, such as steroids
- Over treating an episode of hypoglycemia



## Ward Based Management

- Take physical observations including blood sugar levels
- Inform the doctor
- Continually assess patient's symptoms for any improvement/deterioration
- Organise a medical review, the patient's insulin may have to be adjusted
- Construct a treatment plan with the patient, discuss increasing exercise and provide psychoeducation around healthy eating
- Continue to regularly assess patient's blood sugar levels for a period of time to ensure they return to a stable level
- Consider referral to a specialist diabetes team if the patient is not known to them already