

Ryan Develops Hypoglycemia

Description: This is an activity in which the participants act out a play about hypoglycemia and its treatment.

Objectives: This activity will help participants to learn:

- The wrong/right way to treat hypoglycemia
- The importance of medical identification
- The importance of teaching the signs and symptoms of hypoglycemia to friends/teachers

Age Range: 5 year olds to adults

Setting: Quiet room without furniture


Materials

Needed :

- Lancets
- Meter/strips
- Glucose tablets
- Glucose gel
- Glucagon Emergency Kit
- Insulin syringes
- Syringe disposal container
- Insulin bottles marked with a large “N” and “H”
- Breakfast foods
- Milk
- Juice
- Paper and pens for the audience

Directions: Before the play begins, the moderator announces that audience needs to keep a list of the things that are wrong in the play. After the play, the moderator reviews the lists that the audience made. The moderator corrects or adds to their lists, then asks the players to repeat the play and do it correctly.

Players: Ryan, Ryan’s mom, 3 people to be Ryan’s friends, Jake the Emergency Medical Technician, Mr. Smith, Ryan’s Physical Education teacher, and a moderator.

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- The Play:**
1. Ryan gets up from bed. He draws up insulin without rolling the NPH bottle.
 2. He doesn't see exactly how much is being drawn up; he just guesses.
 3. He draws up NPH first, then Humalog®* (bottles have large "N" and large "H" on them).
 4. Ryan's mom wants him to eat all of his breakfast. Ryan only eats bacon and eggs and drinks the milk.
 5. Ryan's mom asks where his medical identification bracelet is. He ignores her.
 6. Ryan goes to school and has Physical Education during his first period. He does not have a snack.
 7. Ryan is playing catch with his 3 friends, and his speech becomes slurred. He denies he is not feeling okay and is too embarrassed to tell anyone he has diabetes (friends or teacher).
 8. Ryan passes out. The teacher calls 911. There is no school nurse present on that day and no one at school is trained for a hypoglycemia emergency. No one has supplies for treating hypoglycemia (Glucagon Emergency Kit).
 9. Jake (the EMT) shows up and tries to give Ryan orange juice while he is unconscious.
 10. Eventually Jake gives glucagon and Ryan wakes up.

Adaptations or

Modifications: None suggested.

*Humalog (insulin lispro injection, rDNA origin) is a registered trademark of Eli Lilly and Company.