

Figure 1: Counter-regulatory response thresholds and accompanying symptoms in response to hypoglycaemia in non-diabetic individuals.

Figure 2: Antecedent hypoglycaemia results in a diminished autonomic response to hypoglycaemia with an attenuation of resultant autonomic warning symptoms. A maladaptive response also takes place in the brain, which promotes increased glucose extraction in a bid to ostensibly preserve brain function but altered glucose sensing in the ventromedial hypothalamus (VMH) mediated by elevated levels of Gamma-Aminobutyric Acid (GABA) maintains cerebral metabolism consequently resulting in diminished systemic counter-regulatory responses to hypoglycaemia. Figure created in the “Mind the Graph platform” www.mindthegraph.com.

Figure 3: Inpatient management of hypoglycaemia. In addition to the listed measures, an insulin injection should not to be omitted if due but the insulin regimen may need reviewing. Increased blood glucose monitoring and hypoglycaemia education are key.

Figure 4: A care pathway for individuals with reduced awareness of hypoglycaemia.