

# Clinical Guideline

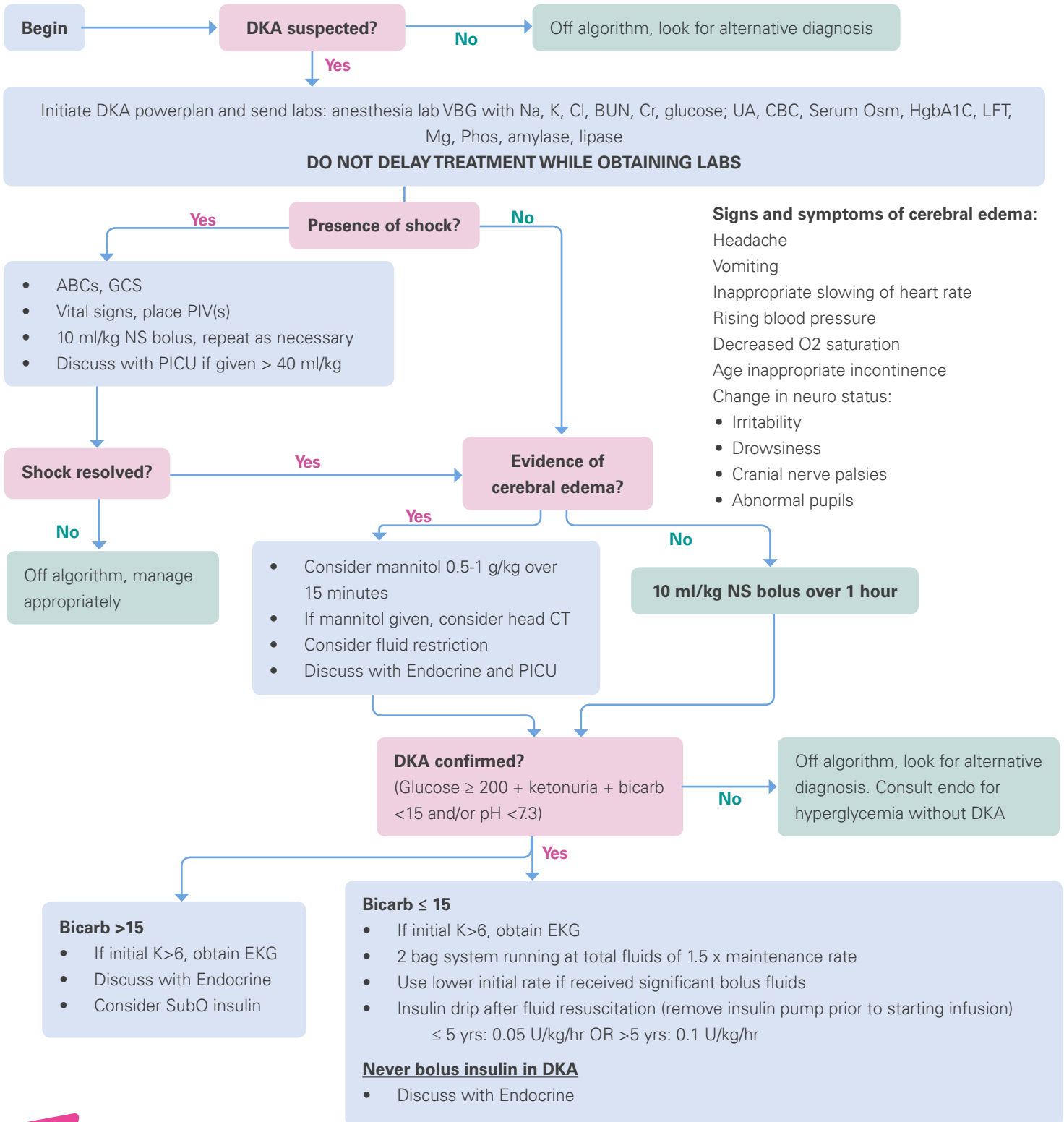
## DKA

 This guideline should not replace clinical judgment.

### Pediatric Emergency & Critical Care Medicine

#### Inclusion criteria:

- Known Diabetes Mellitus
- Concern for new onset Diabetes Mellitus
- POC Blood glucose > 200



# Clinical Guideline

## DKA

### Pediatric Emergency & Critical Care Medicine

#### Subsequent/PICU Phase

##### Definition of DKA:

- Blood glucose >200 mg/dl
- Ketonuria
- Serum pH <7.3 and/or bicarb <15 mmol/L

##### Assessment and orders:

- Use PICU DKA PowerPlan in Cerner
- Expected orders and monitoring as listed below

Initial Patient Info:	CHoR PICU Admission	Lab Assessment
Admission wgt:	Obtain GCS score <sup>1</sup>	Expected initial labs (if not obtained prior to PICU admit, please obtain)
Previous wgt:	Stabilize pt hemodynamically	VBG, BMP, Mag, Phos
<b>Review OSH/ED Therapy</b>	Start 2 bag system <sup>3</sup>	CBC, Osm, Amylase, Lipase
Bolus amt of IV fluid:	*IV rate calculation table page 2	LFTs, UA, Hgb A1C
Hourly IVF started:	*2-bag system titration, page 1	Routine PICU Labs
Insulin therapy in ED:	Start insulin infusion <sup>2</sup>	Q1h Glucose (on insulin drip)
	VS q2h, neuro check q1h	Q1h VBG (until pH >7.1)
	Strict I/Os	Q4h BMP, mag, phos
	NPO	Q void ketones
	Endocrine consult	

<sup>1</sup>If GCS is less than or equal to 10, discuss need for Head CT and further management with PICU Attending

#### <sup>2</sup>Insulin Infusions:

- Administer continuous insulin infusion at 0.05-0.1 unit/kg/hr (start at 0.05 if ≤ age 5)
- DO NOT administer a bolus of insulin, as this may increase the risk of cerebral edema
- Insulin is used to correct patient's acidosis by stopping ketogenesis
- During continuous insulin infusions, must check hourly blood glucose
- Goal is to decrease glucose by 50-100 mg/dL/h
- Continue insulin infusion until pH is >7.3, serum bicarbonate is >17, anion gap has normalized, and Pediatric Endocrinology agrees to transition to subcutaneous insulin
- Discuss with PICU Attending before discontinuing insulin infusion

## 3-2-Bag System and Insulin Titration

Total IVF rate = Bag 1 \_\_\_\_\_ml/kg + Bag 2 \_\_\_\_\_ml/kg

If K+ <5:	If K+ ≥ 5:
Bag 1: NS + KPhos 15mmol/L + KCl 20 meEq/L	Bag 1: NS
Bag 2: D10NS + KPhos 15mmol/L + KCl20mEq/L	Bag 2: D10NS
	Add KPhos and KCl once K+ falls <5

Serum glucose mg/dL	Insulin u/kg/hr*	NS Bag % of IV fluids	Dextrose Bag % of IV fluids	Additional actions
>300	0.1	100%	0%	
250-300	0.1	50%	50%	
200-250	0.1	25%	75%	
150-200	0.1	0%	100%	
100-150	0.05-0.1	0%	100%	Recheck glucose in 30 minutes
<100	0.05	0%	100%	<b>Notify Attending</b> <ul style="list-style-type: none"> <li>Order D12.5 dextrose fluid</li> <li>Recheck glucose q30min until &gt;150</li> </ul>
<70	Off	0%	100%	<b>Notify Attending</b> <ul style="list-style-type: none"> <li>Stop insulin infusion</li> <li>If no change in mentation: give juice</li> <li>If change in mentation:                             <ul style="list-style-type: none"> <li>Bolus with 2ml/kg of D25 over 5 mins</li> <li>Check glucose q15mins until &gt;150 mg/dL</li> </ul> </li> </ul>

\*Start insulin at 0.05 u/kg/hr if ≤ 5 years old

## Calculations:

**Hydration Status:** The severity of DKA dehydration can be assessed using the degree of acidosis

Hydration Status	Mild dehydration	Moderate dehydration	Severe dehydration
% dehydration/change in weight	<5%	5-9%	>10%
Lab values	pH 7.2-7.3 or Bicarb <15	pH 7.1-7.2 or Bicarb <10	pH <7.1 or Bicarb <5
Time to rehydrate	36 hours	36-48 hours	48 hours or more
Fluid Bolus <sup>4</sup>	10ml/kg	10ml/kg	10-20ml/kg

<sup>4</sup>Post ED, bolus only used for hemodynamic instability as per PALS algorithm. Excess fluid resuscitation may cause fluid shifts that can increase the risk of cerebral edema. Rehydration should occur over 24-48 hours

In order to more accurately capture rate of rehydration, the following calculation tool can be used.

### IV Fluid Rate Calculation

- Deficit = \_\_\_\_\_% dehydrated x 10 x preadmission weight in kg \_\_\_\_\_ ml
- Hourly maintenance rate (4-2-1 rule) x total hours to replace \_\_\_\_\_ ml
- Add "A" and "B" = \_\_\_\_\_ ml
- Total fluids given by outside hospital, EMS, and VCU ED \_\_\_\_\_ ml
- Subtract "D" from "C". Will give you total remaining fluid to replace = \_\_\_\_\_ ml
- Total hours remaining to infuse replacement fluids \_\_\_\_\_ hours
- Divide answer in "F" from "E" to obtain hourly replacement fluid rate = \_\_\_\_\_ ml/hr

(Rate will be ~1.5 maintenance fluid rate. Do not start rate above 1.5 maintenance without first discussing with PICU Attending)

## Electrolyte Management:

### Sodium (Na):

- To regulate osmolality, hyperglycemia causes fluid retention that decreases the serum Na concentration. The total body Na is normal to elevated.
- Serum Na concentration decreases by ~1.6 mmol/L for every 100mg/dL of serum glucose above 100mg/dL
  - Example: If Serum Na is 127 mmol/L and serum glucose is 600 mg/dL:  $600-100 = 500$   
 $5 \times 1.6 = 8$   
Estimated corrected serum Na concentration is:  $127 + 8 \approx 135\text{mEq/L}$
- If patient develops hyponatremia (Na <135mmol/L) discuss IV fluid composition with PICU Attending.

### Potassium (K+):

- With acidosis, K+ will shift from the intracellular to extracellular compartment. Once acidosis is corrected, it will shift back out into extracellular fluid.
- If K+ is < 5mmol/L and patient is voiding, ensure sufficient K+ is added to IV fluids.
- If K+ is  $\geq 5\text{mmol/L}$ , DO NOT add K+ to IV fluids until patient is voiding and K+ is < 5mmol/L
- Subsequent potassium replacement therapy can be based on serum potassium

### Chloride (Cl-):

- If hyperchloremia develops (Cl- >115mmol/L), discuss changing IV fluid with PICU Attending to 1/2 NS to decrease risk of hyperchloremic metabolic acidosis.

## Cerebral Edema:

Signs and Symptoms can include headache, vomiting, AMS

Clinically significant cerebral edema can potentially develop within the first 4-12 hours after initiation of treatment for DKA, but may also present before treatment, or as late as 24-48 hours after treatment.

If cerebral edema is suspected:

- Administer mannitol 0.5-1g/kg IV over 15 minutes.
- Effects should be noted after 15 minutes.
- Dose can be repeated after 30 minutes if needed.

Risk factors for cerebral edema:

- Initial pH <7.0
- Hypocapnia at presentation, after adjusting for acidosis
- Administration of bicarbonate
- Marked early decrease in serum osmolality
- Lower than expected rise in serum sodium concentration during therapy
- Fluid overload in first 4 hours of treatment
- Administration of insulin in the first hour of fluid treatment

## Additional Management:

**Diet:** Keep patient NPO until acidosis is corrected and subcutaneous insulin started

- When serum bicarbonate is greater than 10mmol/L, may consider ice chips
- Once acidosis is corrected and Pediatric Endocrine recommendations are made, order the appropriate diabetic diet
  - Give subQ insulin and diet tray
  - Stop dextrose containing IV bag and insulin gtt 30 minutes after meal
  - Can continue NS IV bag at maintenance rate until ketonuria is resolved
- Sodium Bicarbonate Use:
  - Trials have shown no clinical benefit of NaBicarb, but well recognized adverse effects noted

# DKA Guideline

## Executive Summary

### Children's Hospital of Richmond at VCU DKA Workgroup

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### References

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Nallasamy K, Jayashree M, Singhi S, Bansal A. Low-dose vs Standard-dose insulin in Pediatric Diabetic Ketoacidosis: A Randomized Clinical Trial. *JAMA Pediatrics*. 2014; 168(11):999-1005

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### Citation

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*Retrieval website:* <http://www.chrichmond.org/clinicalguideline-DKA>

*Example:*

Children's Hospital of Richmond at VCU, Woods R, Pace-Davis K, Penn M, Silverman J, Hanson C. DKA Guideline. Available from:

<http://www.chrichmond.org/clinicalguideline-DKA>