

**INDIVIDUALIZED SCHOOL HEALTH CARE PLAN: DIABETES**

CONFIDENTIAL

Student \_\_\_\_\_ DOB: \_\_\_\_\_ Grade/Teacher \_\_\_\_\_  
School: \_\_\_\_\_ Parents: \_\_\_\_\_  
Phone (H) - \_\_\_\_\_ (W) \_\_\_\_\_ Cell# \_\_\_\_\_  
Emergency Contact/Phone \_\_\_\_\_  
Physician \_\_\_\_\_ Phone \_\_\_\_\_  
Diabetes Nurse Educator \_\_\_\_\_  
Hospital of choice \_\_\_\_\_

**DIABETES:** Type 1 diabetes is a chronic metabolic condition. Diabetes can be controlled with insulin, diet, and exercise. People with diabetes can be expected to participate in all activities and lead a normal, active life – intellectually, socially, and physically. The most frequent complication of diabetes is low blood sugar or hypoglycemia. This can be caused by: inadequate intake of food, emotional stress, too much exercise, receiving too much insulin. The emergency response plan for hypoglycemia is attached.

**Target Blood Sugar Range** \_\_\_\_\_ to \_\_\_\_\_

**BLOOD SUGAR CHECKS** (Check all that apply):

\_\_\_\_ Student can perform checks independently or \_\_\_\_ Staff must supervise blood sugar checks  
Times to do blood sugar checks \_\_\_\_ Before lunch, \_\_\_\_ After lunch, \_\_\_\_ Before PE, \_\_\_\_ After PE,  
\_\_\_\_ As needed for signs of low or high blood sugar, Other \_\_\_\_\_  
Place (in school) to check blood sugar \_\_\_\_\_  
Glucometer Type/Brand \_\_\_\_\_  
Supplies/glucometer will be kept: \_\_\_\_\_

**MEDICATIONS TO BE GIVEN DURING SCHOOL HOURS**

Student can give his/her own insulin? \_\_\_\_ yes \_\_\_\_ (Responsible secondary students may administer their own insulin provided the school has Dr.'s order and authorization. Otherwise, a parent will need to come to the school to administer the insulin since this cannot be delegated to school staff.)  
Insulin administered by (check): \_\_\_\_ pen \_\_\_\_ syringe \_\_\_\_ insulin pump  
Type of insulin \_\_\_\_ Humalog \_\_\_\_ Novolog \_\_\_\_ Regular  
Time(s) insulin to be given: \_\_\_\_\_  
Student calculates Insulin/Carb Ratio \_\_\_\_ yes \_\_\_\_ no  
\_\_\_\_ Unit for every \_\_\_\_ grams of carbohydrate eaten  
Student calculates correction dose \_\_\_\_ yes \_\_\_\_ no  
\_\_\_\_ unit(s) for every \_\_\_\_ mg/dl points above \_\_\_\_ mg/dl  
Student has pump that calculates correction dose and insulin/carb ratio? \_\_\_\_ yes \_\_\_\_ no  
Other medications/allergies \_\_\_\_\_

**DIET**

Lunch time \_\_\_\_\_  
Physical Education is scheduled at \_\_\_\_\_ am/pm, Days M T W Th F  
Snack: \_\_\_\_ is not necessary before PE.  
Snack times \_\_\_\_\_ Will student need to be reminded? \_n/a\_ yes \_\_\_\_ no  
Preferred snacks/parent instruction for class parties : Call  
parent \_\_\_\_\_

**FIELD TRIPS:** Extra snacks, glucose monitoring kit, copy of health plan, glucose gel or other emergency supplies must accompany student on field trip.

## EMERGENCY RESPONSE PLAN: DIABETES

Student \_\_\_\_\_ DOB \_\_\_\_\_ Grade/Teacher \_\_\_\_\_

Notify parent if child's blood sugar is below \_\_\_\_\_ or above \_\_\_\_\_ mg/dl.

### **HYPOGLYCEMIA – INSULIN REACTION (LOW BLOOD SUGAR)**

Student to be treated when blood sugar is below \_\_\_\_\_

**MILD LOW BLOOD SUGAR** Signs/Symptoms may include hunger, irritability, shakiness, sleepiness, sweating, pallor, uncooperative, crying or other behavioral changes. Additional student symptoms \_\_\_\_\_

#### Treatment:

- Never leave student unattended. If treated outside the classroom, a responsible person must accompany student to health office.
- Give juice (1 carton), or regular pop (1 cup), or 2-3 glucose tabs; (1 small tube of cake decorating gel can also be placed between cheek and gum with head elevated)
- Wait 10-15 minutes. Recheck blood sugar. Retreat as above if still below 75, or if symptoms persist.
- When symptoms improve or blood sugar is >75, give substantial snack (carbohydrate and protein) or lunch.

Comments: \_\_\_\_\_

### **SEVERE LOW BLOOD SUGAR:**

Signs/Symptoms: Seizure or loss of consciousness or student unwilling/unable to take gel or juice.

#### Treatment:

- **CALL 911** - Stay with student
- Place student on side - Do not put anything in mouth

Comments: \_\_\_\_\_

### **HYPERGLYCEMIA – HIGH BLOOD SUGAR**

Student must be treated when blood sugar is above \_\_\_\_\_.

Signs/Symptoms may include: extreme thirst, headache, abdominal pain, nausea, increased urination

#### Treatment:

- Drink 6-8 ounces of water every hour. Allow student to carry water bottle with them.
- Use restroom as needed.
- Do not allow exercise.
- Student to administer insulin if ordered by health care provider
  - For pumps, will student be able to change infusion set, or have an alternate source of insulin at school? \_\_\_\_\_

**- If student exhibits nausea, vomiting, stomachache or is lethargic, notify parents and school nurse ASAP.**

- Send student back to class if none of the above symptoms are present.

Comments: \_\_\_\_\_

I understand that all monitoring equipment, snacks, glucose are to be provided by the family.

In case of an emergency, contact the 911 emergency response team for further evaluation.

If parents are unavailable, the physician or diabetic nurse educator may be contacted for specific information.

If transportation by ambulance is necessary, parents will assume responsibility for payment.

Parent(s) Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Nurse Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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