

# Diabetes Student Care Plan

## Instructions

*Please place photo here*

- ✓ After completing and printing this form, remember to include a photo of the student.
- ✓ To ensure this information is included in the student's file at school, drop off a copy to the school's Administrative Office with a request to have this form become a part of the student's on-site file.

<b>Student Name</b>			
Date	Grade	Room	
<b>Mother Contact Information</b>		<b>Father Contact Information</b>	
Name		Name	
Home Phone		Home Phone	
Work Phone		Work Phone	
Cell Phone		Cell Phone	

## Low Blood Sugar (Hypoglycemia)

Low blood sugar is a common side effect of insulin. It can result from skipping or being late for a meal or snack, extra activity, or too much insulin. Hypoglycemia can develop quickly and must be treated immediately.

### Symptoms (check student's specific symptoms)

- |                                |                                 |                                   |                                 |                                 |
|--------------------------------|---------------------------------|-----------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> shaky | <input type="checkbox"/> weak   | <input type="checkbox"/> pale     | <input type="checkbox"/> sweaty | <input type="checkbox"/> hungry |
| <input type="checkbox"/> tired | <input type="checkbox"/> grumpy | <input type="checkbox"/> confused | <input type="checkbox"/> _____  | <input type="checkbox"/> _____  |

### Treatment

**Do not leave the student alone.**

1. Check blood sugar.
2. If the blood sugar is under 4.0 OR under 5.0 **with** symptoms **treat immediately with** \_\_\_\_\_ or \_\_\_\_\_
3. Wait 15 minutes and recheck blood sugar. If still low, retreat.

## Severe Low Blood Sugar – A Medical Emergency

**If confused or disoriented:** Take charge and coax the student to eat or drink a treatment

**If unconscious or having a seizure: Roll on side and call 911**

## High Blood Sugar

Symptoms of high blood sugar are increased thirst and frequent urination. The student may be irritable and not be able to concentrate. Allow the student to drink lots of water and take frequent bathroom breaks.

## Managing Food

- Snacks/lunch must be fully eaten and on time.
- Allow enough time to eat.
- No food sharing.
- When classroom food/treats are planned, contact parents for instructions.
- Student needs supervision with snacks/lunch to ensure all food is eaten.
- Student needs prompt to eat morning snack at \_\_\_\_\_ a.m.
- Student needs prompt to eat afternoon snack at \_\_\_\_\_ p.m.

## Blood Glucose Monitoring

Check before:  a.m. snack  lunch  p.m. snack  going home

Student needs reminder to check blood sugar

Student prefers to do blood glucose check in \_\_\_\_\_

Student needs help interpreting blood sugar result

Location of monitoring supplies \_\_\_\_\_

## Managing Physical Activity

- Risk of low blood sugar increases during/after physical activity.
- Notify parents of active special events (Terry Fox run, field trip, track day, etc.)
- Blood glucose meter and low treatments should **always** be accessible during physical activity.
- Extra food may be needed prior to physical activity.

Check blood sugar before regular gym class.

Check blood sugar before unplanned activity.

If blood sugar is below \_\_\_\_\_, give a small snack (example) \_\_\_\_\_

## Managing Insulin Not Applicable

Student administers insulin by pen injection **before:**  a.m. snack  lunch  p.m. snack

Room location where insulin will be administered \_\_\_\_\_

Location of insulin pen and needle tips \_\_\_\_\_

The student will remove the needle tip after the injection and place in a sharps container located \_\_\_\_\_

## Insulin Dose

Student will call and speak to a parent to confirm the dose.

Student will independently calculate the dose.

School staff has agreed to calculate the dose (note: training must be provided).

**The student should be supervised when administering insulin.** Always double check to ensure that the correct dose has been selected and dialed into the pen

## Other medical conditions

Medical Condition	Treatment

### Contact parents if:

- The student vomits or is sick.
- Low blood sugar does not go above 4.0 after two treatments.
- Other \_\_\_\_\_