



Date: \_\_\_\_\_

To: Teachers and School Administrators

RE: \_\_\_\_\_

The above student has type 1 diabetes and is followed in the Diabetes Clinic at the Alberta Children's Hospital. The parents have completed a Diabetes Care Plan. Please ensure that all staff involved with the student are familiar with it and keep a copy in the classroom.

Type 1 diabetes and insulin treatment can lead to the following situations that could affect a student's ability to function properly at the time of an examination.

Hypoglycemia or **low blood sugar** (< 4.0 mmol/L) can affect cognitive functioning.

- If the student with diabetes experiences a low blood sugar before or during an examination, he or she should check the blood sugar, treat with a source of rapid acting carbohydrate (for example juice or candies) and then recheck the blood sugar 10 to 15 minutes later.
- Students should have their blood glucose monitor and low blood sugar treatments on their persons in order to promptly manage hypoglycemia.
- A hypoglycemic event may impair cognition for 15 to 60 minutes and therefore the student should be allowed extra time to complete the examination.

Hyperglycemia or **high blood sugar** (> 15.0 mmol/L) may lead to increased thirst and urination.

- If the student with diabetes is hyperglycemic prior to and during an examination, he or she needs to be able to drink water and use the washroom.

The above described blood sugar variations are not predictable or preventable. However, most students with diabetes are expected to be able to write exams without any deleterious effects from their medical condition.

If you wish to learn more about how you can support students with diabetes, we suggest you visit the "school" section of our website which is located at [www.ucalgary.ca/achdiabetes](http://www.ucalgary.ca/achdiabetes).

Sincerely,

Diabetes Clinic, Alberta Children's Hospital

