



SCHOOL TIPS FOR TYPE 1 DIABETES

COMMUNICATION

- Meet with the classroom teacher, gym teacher, principal or vice-principal, school secretary or other staff as needed
- Establish regular communication with your child's school
- Start a communication book for younger children to write down and share important information
- Discuss other forms of communication such as text, email, or school messaging
- Provide links for online resources:
 - [Guidelines for the Care of Students Living with Diabetes at School, Diabetes Canada](#)
 - [Diabetes at School](#)
 - [Alberta Children's Hospital Diabetes Clinic-Type 1 Diabetes Information-School and Diabetes](#)
- Teach staff about signs and symptoms, treatment, and prevention of low blood sugar
- Provide a supply of rapid acting carbohydrate to treat low blood sugars and replace as needed
- Provide a belt bag with rapid acting carbohydrate for the teacher or child to carry during outdoor classes or field trips
- Review the symptoms of high blood sugar - increased thirst, needing to use the toilet, trouble concentrating
- Inform school that high blood sugar is not an emergency
- Ask about a private and clean space for blood sugar checks and insulin injections
- Provide a sharps container for safe disposal of needles and lancets
- Consider buying a watch with an alarm if your child needs reminders to check blood sugars or eat snacks

CONTINUOUS GLUCOSE MONITORS

- Dexcom and Libre are glucose sensors that continuously measure glucose levels just beneath the skin and send data wirelessly to a phone or receiver
- The sensor must be within Bluetooth range of 6 metres/20 feet to be able to receive alerts about low or high blood sugars
- Student must have consistent access to their receiver device or phone throughout the day
- Provide letter to school regarding need for cell phone as diabetes technology

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.

Student Name			
Date	Grade	Room	
Mother Contact Information		Father Contact Information	
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 _____



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.

Sincerely,

Diabetes Clinic, Alberta Children's Hospital

