

Please place photo here

DIABETES STUDENT CARE PLAN

Instructions:

- ✓ 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:	
<i>Mother Contact Information:</i>		<i>Father Contact Information</i>	
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)

- shaky weak pale sweaty hungry
 tired grumpy confused _____ _____

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-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: am snack lunch pm 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 (for example)

CONTACT PARENTS IF:

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

OTHER MEDICAL CONDITIONS

Medical Condition	Treatment

MANAGING INSULIN

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

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
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