

Diabetic Care Plan

Student: DOB: School:
Grade:
Parents: Mom=
 Dad=

_____ was diagnosed with Type 1 Diabetes in _____. He currently uses an insulin pump to deliver insulin.

Checking a Blood Sugar

Equipment needed: Glucometer, test strips, lancets

1. Have student wash hands with soap and water. Dry well. If using alcohol pad, make sure finger is completely dry before testing.
2. Insert test strip into glucometer.
3. Poke side of finger with lancet to get drop of blood.
4. Place drop of blood on test strip.
5. Meter will give result in a few seconds. Follow student's care plan.

Insulin pump info or Sliding Scale info here

Under 60	Immediately give food containing 20-30 grams of carbohydrate. Recheck blood sugar in 15 minutes.
61 to 80	Give food containing 10-12 grams of carbohydrate. Retest in 15-20 minutes to see if glucose is increasing. If not, give another 10-12 grams. Retest in 15 minutes. If no increase, call parents.
81 to 125	If prior to a large amount of activity (ie gym class or recess) give 10-15gms.. Student is fine. Food should be near in case blood sugar drops.
126-200	Student is fine. Could feel "low" if blood sugar was high and is dropping.
201-300	Student is a bit high. Monitor to make sure next blood sugar is lower. Student must have access to water and bathroom. Encourage fluids.
Over 300	Blood sugar is too high. Contact parent. Give water. Check urine for ketones (if >400 or student is vomiting). If ketones are present student should go home.

Glucagon Administration

_____ receives 1mg of glucagon. Glucagon is to be given when a student exhibits unconsciousness, unresponsiveness, convulsions, or seizures. The student must also be unable to safely eat or drink.

Procedure: Act Immediately

- Position student safely on side for comfort and protection from injury
- Give Glucagon
- Call 911, parents and school nurse.

Preparation and Administration

1. Flip cap off glass vial containing powder
2. Remove cap from syringe
3. Inject entire fluid in syringe into the bottle containing powder
4. Shake or roll gently to mix until powder is dissolved and solution is clear
5. Draw prescribed amount of glucagon back into syringe
6. Clean site if possible

7. Inject at 90 degrees using the same technique as an insulin injection, the needle will be much bigger
- Buttocks
 - Thigh
 - Arms

After injecting it may take 15-20 minutes for the student to regain consciousness. Check blood sugar, give sips of juice or regular soda once the student is awake and able to drink. Advance diet as tolerated.

Student may not remember being unconscious, incoherent, or may have a headache. Nausea or vomiting may occur. Blood sugar may become high.

CLASSROOM CARE PLAN

_____ is a ___th grader and he has Type 1 Diabetes. This means that his pancreas no longer produces insulin. He requires regular blood glucose monitoring when at school. Due to this condition it is important that you know the following information:

- _____ may check blood sugars in the classroom. If there are questions, please call the school nurse at 845-4015. He normally checks his blood sugars at **lunch**, but *may also need to check it at other times*. If student states he is “hungry” or “feels low/high” or at any time he is acting differently, please allow/encourage student to check blood sugar (see treatments below).
- Hypoglycemia (low blood glucose levels) and hyperglycemia (high blood sugar levels) are both very serious conditions that need to be addressed immediately. If student is showing symptoms of high or low blood glucose levels treat immediately. Symptoms of high/low blood sugar include:

Low blood glucose symptoms (Hypoglycemia)	High blood glucose symptoms (Hyperglycemia)
Student may state he is “hungry” or feeling “low”. May also experience shakiness, drowsiness, sweating, hunger, headache, pale skin color, sudden mood swings (including crying), poor attention span/confusion.	Excessive thirst, frequent urination, stomach pains, lack of coordination, stomach cramps

If student’s blood glucose is low: Student will have juice or a snack and be retested in 15 minute intervals until blood glucose level is within an acceptable range (>70). If student is low it is important that he is not left alone until it has been determined that he has achieved normal levels. He must remain in the company of an adult if he has a low blood sugar level.

If student’s blood glucose is high: Student needs to drink additional water and parent should be notified if the blood sugar is **above 300**.

- If student has to leave the classroom due to either a high or low blood sugar an adult/fellow student should accompany him to the office. **He should never go alone.**

Please contact student’s parents or the school nurse with any questions that you might have regarding diabetes and this health plan.

Important phone numbers:

Parents=
Home= 608
____ c) 608
____ c) 608

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