



LINCOLN COUNTY SCHOOL DISTRICT#2
DIABETES MANAGEMENT PLAN
School Year: _____

Student Name: _____ DOB: _____ Grade: _____

Will this student ride the bus to or from school? YES NO Bus/Route# (if known): _____

Parent Name: _____ Home Phone: _____

Mother Cell: _____ Father Cell: _____

Mother Work: _____ Father Work: _____

Emergency Contact: _____ Phone: _____

Physician: _____ Phone: _____

DIAGNOSIS: Type 1 Diabetes

TARGET BLOOD GLUCOSE RANGE:

MEDICATION:

ALLERGIES:

HISTORY:

INTERVENTIONS:

Observe closely for symptoms of high or low blood glucose (see Diabetes Emergency Plan below)

Student needs to check blood glucose level at all the following times:

- Before meals and snacks
- Before and after physical activity
- When feeling high, low or ill
- At the end of the school day

In addition to the above mentioned times, Student also needs to check blood glucose any time he/she isn't feeling well. Blood glucose level may be checked in the classroom or in the health room.

Diabetic emergencies can come on quickly. If student is not feeling well and is leaving the classroom to check blood glucose level or to use the restroom, student must be accompanied by a responsible student or adult.

Prior to lunch: Student or trained personnel will check blood sugar and count the carbohydrates in the meal that will be eaten. (Type of Insulin) _____

given at _____ unit(s): _____ carbohydrates. Correction for high Blood Glucose- _____

DIABETES EMERGENCY MANAGEMENT PLAN

Signs of hypoglycemia (LOW BLOOD GLUCOSE):

| <u>MILD</u> | <u>MODERATE</u> | <u>SEVERE</u> |
|---------------------|------------------------|------------------------------------|
| Hunger | Mood/behavior change | Confused/unable to follow commands |
| Shaky/weak/clammy | Inattentive/spacey | Unable to swallow |
| Blurred vision | Slurred/garbled speech | Loss of consciousness |
| Dizzy/headache | Anxious/irritable | Seizure/convulsion |
| Tired/drowsy | Numbness around lips | |
| Fast hear rate | Poor coordination | |
| Pale skin tone | Unable to concentrate | |
| May be asymptomatic | Personality change | |

TREATMENT OF LOW BLOOD GLUCOSE

FOR BLOOD GLUCOSE \leq 70 :

1. Give 15 grams of carbohydrate (example: 4 glucose tablets, ½ cup juice (juice box), ½ cup regular soda)
2. Recheck blood glucose in 15 minutes
 - a. If blood glucose is 70 or above, resume normal school activities
 - b. If blood glucose remains less than 70 – repeat 15 grams of carbohydrate
 - i. Recheck blood glucose in 15 minutes
 1. If blood glucose is 70 or above, resume normal school activities
 2. If blood glucose remains less than 70 – repeat 15 grams of carbohydrate, notify parent and school nurse
3. **FOR BLOOD GLUCOSE \leq 60 give an additional 15 grams of carbohydrate (example: Juice AND a granola bar or 2 squares of graham cracker)**

FOR DETERIORATING LEVEL OF CONSCIOUSNESS BUT STILL ABLE TO SWALLOW:

1. Administer glucose gel (entire tube) slowly between cheek and gum line (maintain an open airway)
2. Gently massage outside of cheek to help medication absorption
3. Remain with student until he regains full consciousness
4. Recheck blood glucose in 15 minutes – follow steps above for blood glucose $<$ 70.
5. Contact parent and school nurse

FOR LOSS OF CONSCIOUSNESS, SEIZURE OR INABILITY TO SWALLOW:

1. Administer Glucagon (1mg) into the muscle of his upper arm (deltoid) as directed

2. Call 9-1-1 for transport to Star Valley Medical Center
3. Remain with student
4. Maintain an open airway
5. Provide other first aide as necessary
6. Contact parent and school nurse: _____

Signs of Hyperglycemia (HIGH BLOOD GLUCOSE)

MILD

Frequent urination
 Extreme thirst/dry mouth
 Sweet, fruity breath
 Tiredness/fatigue
 Hunger
 Flushed skin
 Lack of concentration

MODERATE

Mild symptoms AND:
 Nausea/Vomiting
 Stomach pain/cramps
 Dry/itchy skin
 Unusual weight loss

SEVERE

Mild + Moderate symptoms AND:
 Labored breathing
 Weakness
 Confusion
 Unconsciousness

TREATMENT of HIGH BLOOD GLUCOSE

BLOOD GLUCOSE OVER 300:

1. Student will administer a correction bolus of insulin through his PDM.
2. Encourage student to drink water
3. Recheck blood sugar in 30 minutes.

BLOOD GLUCOSE OVER 400 (or over 350 with 2 checks spaced 30 minutes apart):

1. Call parent/guardian. Student will/will not be checking for ketones at school.
2. Encourage rest and increased water intake for blood glucose over 400 or blood sugar persistently high.
3. Call School Nurse

STUDENT SHOULD NOT PARTICIPATE IN PHYSICAL ACTIVITY OR SPORTS IF:

Blood glucose is >300
 Blood glucose is < 70

OUTCOMES:

1. Student will Remain safe and healthy at school
2. Symptoms of high or low blood glucose will be recognized and treated promptly
3. Diabetes management will have a minimal impact on student's education and participation in school activities.

I have read and approve the above Diabetes Management Plan for this student.

Licensed Prescriber/Physician Signature: _____ Date: _____

Parent Signature _____ Date: _____

Student Signature _____ Date: _____

Date Received in Health Services _____

School Nurse Signature: _____ Date: _____