

DEALING with DIABETES in the SCHOOL

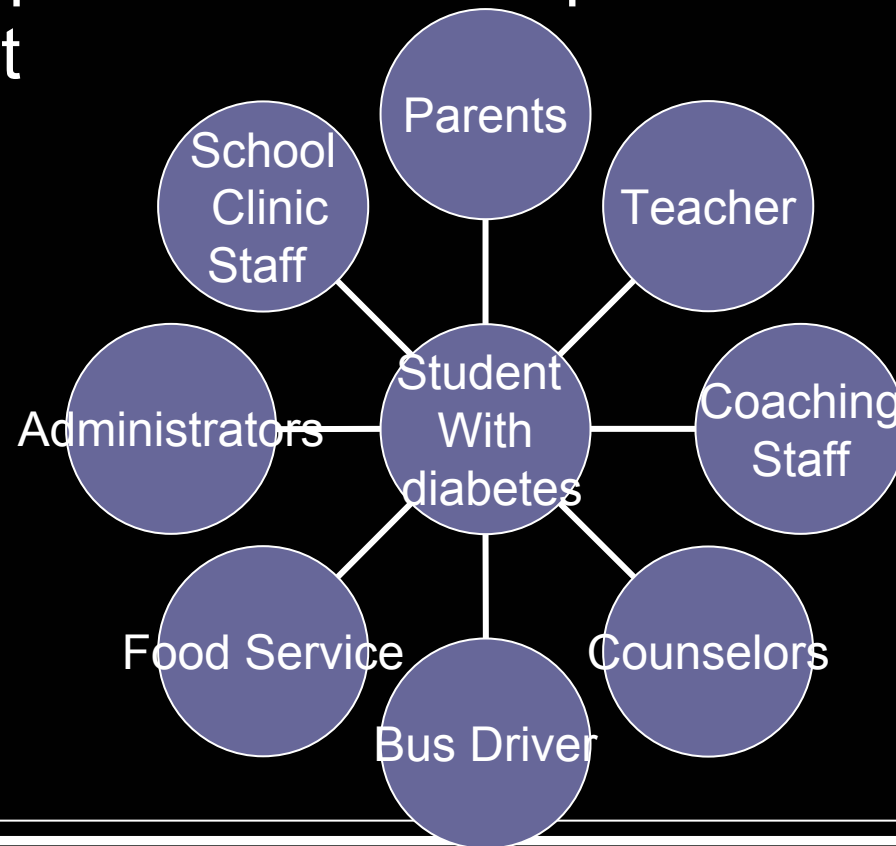
Training for teachers and unlicensed
personnel who become
Diabetic Care Assistants
Jacksonville ISD

Diabetes:

- A condition where the body does not produce insulin or enough insulin causing problems
- Two Types
 - Type II- Requires monitoring and/or oral medication
 - Type I- Requires monitoring and insulin injection

Who deals with diabetes in schools?

- A collaborative plan of care is required for any diabetic student



School Policies:

The campus principal must select three staff members to be trained as DCA in J.I.S.D

- When students present with diabetic issues they should be referred to the school clinic
- A plan of care for the student will be designed by school nurse
- The school must have documentation from the parent and physician
- Student must be allowed to leave class for problems and keep snacks with them
- School staff must be trained to care for students: this includes checking blood sugar, providing injections, and recognizing problems

Planning for the student with diabetes includes:

- Diabetic Management Plan
 - Nurse or diabetic care assistant specific treatment outline
- Quick Reference Emergency plan
 - Classroom, field trip, etc. management
- Education plans 504/IEP
- Other (nursing/flow charts/communication logs with parents or physicians)
- HIPPA- consent to share information signed by parents

Diabetic Medical Management Plans Include:

- The type of diabetes specific to student
- Includes current health status
- Emergency information
- Self care skills
- List of supplies
- Medical orders
- High/Low sugar ranges for student

Quick Reference Emergency Plans:

- Are designed to guide the care of a student with diabetes in the event there are problems
- Includes parent contact information
- Includes treatment protocols for student
- Are to be kept with staff at all times when student is in their care
- Must accompany staff when student is off campus

Most common issues:

- Blood sugar monitoring- should be done in school clinics, but can be handled anywhere
- Checking blood sugars
- Determining if results are normal, high, or low
- Deciding what to do when.....and who does what.....(always check with clinic staff)

Blood Sugar Monitoring

- May vary depending on student situation--
Follow plan of care
- Usually check prior to meals, before exercise, before driving, or when there are symptoms
- Students provide ALL supplies
- Follow Bloodborne pathogen protocol

- **GOAL:** Students to be self-sufficient in monitoring their blood sugar

Symptoms:

- Can happen any time
- Can be different for each student

Focus on differentiation of:

- Hypoglycemia—To Low -- <70
- Hyperglycemia-To High -- >120

Hyperglycemia:

- High blood sugar- is caused by too much food, stress, little insulin, decreased activity, infection, illness, or sugary snacks

SYMPTOMS:

Thirsty, sleepy, hot/flush cheeks, sweet fruity breath, frequent urination, dry mouth, stomachache, lack of concentration-can lead to weakness, confusion, eventually coma

Treatment: High Blood Sugar

- Check Blood sugar if possible-follow treatment plan
- Give student water to drink and allow them to use the restroom often
- Follow diabetic Quick Reference Emergency Plan for insulin administration
- Call 911 if blood sugar greater than >450 and:
 - Unable to reach parents
 - Student is symptomatic
 - Ketone testing unavailable

Hypoglycemia:

- Low Blood Sugar-Too much insulin or missed meal, delayed meal, too much exercise, or unscheduled exercise

SYMPTOMS:

Dizziness, shakiness, anxious, irritable, hungry, pale, personality change, sweating, headache, poor coordination, blurred vision, weakness, slurred speech, loss of consciousness, seizure, inability to swallow

Treatment: LOW Blood Sugar

- Check Blood Sugar if possible-follow treatment plan
- For Seizure, unconsciousness, or inability to swallow:
 - CALL 911
- Treat hypoglycemia:
 - If Blood sugar is < less than 65: (or plan indicates)
 - Give Quick acting sugar snack (juice, candy, or glucose tabs)
 - Wait about 15 minutes recheck or reassess
 - Provide long acting snack (peanut butter/cheese crackers and milk)
 - Recheck student in 15 minutes
 - Contact parent/guardian

Planning for Special Event, Field Trips, and Extracurricular Activities

Before traveling with a diabetic student you will need to do the following:

- CHECK with the school clinic staff
- Make sure all supplies and Quick Reference Plans are with you
- Take time to review High/Low symptoms and treatments

Classroom Teacher Concerns:

- Be aware of student's condition, able to recognize symptoms, and be prepared to assist student
- School Nurses will provide Quick Reference Emergency Plan for diabetic students
- Parents should provide snacks and all diabetic supplies

Transportation Concerns:

- The school/campus nurse will notify the transportation department and provide student's Quick Reference Emergency Plan
- Bus drivers to keep student high and low treatment kits on effected buses and parents to provide items (bottle water/candy, etc.)

Food Service Concerns:

- Food service provide daily a variety of foods selections for meals
- Diabetic students are responsible for making appropriate food selections
- School Nurse staff will inform food service personnel of diabetic situations and provide Quick Reference Emergency Plan if necessary
- Parents are responsible for ensuring their children understand their prescribed menus

Physical Activity Concerns:

- Physical activity is very important to the health of diabetic students
- Students should be able to fully participate in activities
- School Nurses will supply PE teachers Quick Reference Emergency Plans for diabetic students

Key Information: For Diabetic Care Assistants-

- You will be provided skills training on:
 - blood glucose monitoring
 - ability to recognize hypoglycemia or hyperglycemia
 - administering insulin (pump,pen,injection)
 - administering Glucagon
 - administering appropriate snacks
 - following Diabetic Care Management Plans/Emergency Quick Reference Plans

Reference:

- U.S. Department of Health and Human Services (2003) *Helping the students with diabetes succeed. A guide for school personnel.*

*For more information please contact your
campus nurse~*