



Diabetes Action Plan

Childs' picture here.

Name of Child _____ DOB _____ Date _____

TO BE COMPLETED BY HEALTH CARE PROVIDER

Blood Glucose Monitoring:

Target range for blood glucose: _____ mg/dl to _____ mg/dl

- Times to check blood glucose:** _____ With symptoms of hypoglycemia (shaky, sweaty, confused)
 _____ With symptoms of hyperglycemia (thirst, frequent urination)
 _____ Before/after exercise
 _____ Other
 _____ Student may carry own meter and supplies with them

Student can perform own blood glucose checks (**with/without supervision**)

Hypoglycemia treatment: 2-4 glucose tabs **or**
(low blood glucose) 4 oz. of juice **or**

Treat if BG under _____ Glucose gel (or cake decorating gel) ½ tube if no meal or snack within next half hour, then give a 15 gram snack

Severe Hypoglycemia Treatment: _____ Glucose gel or cake decorating gel (using finger, place (i.e.: loss of consciousness, seizure) ½ tube between cheek & gum in mouth)
 _____ Glucagon (give 0.5 mg/1mg SQ in the arm or thigh)
 _____ **Call 911**

Hyperglycemia Treatment: _____ Provide water and access to bathroom
(high blood sugar) _____ Test urine ketones if blood glucose is greater than _____, call parent if moderate or large ketones

Insulin: _____ Student may give own SC injections (**with supervision/without supervision**)
 _____ Student not taking insulin at school

- | | |
|--------------------------------|-----------------|
| _____ SC insulin | _____ Humalog |
| _____ Insulin via insulin pump | _____ Novolog |
| _____ Insulin with lunch | _____ Humulin R |
| _____ Insulin with snacks | _____ Other |
| _____ Other | |

- | |
|----------------------------------------------------------|
| _____ meal coverage: _____ units per _____ grams carbs |
| _____ correction scale: _____ units per _____ over _____ |
| _____ sliding scale: |

- _____ Student using an insulin pump may give own boluses
- _____ Give _____ units of Humalog/Novolog/Humulin R-SC if glucose is > _____
- _____ Student may determine correct dose of insulin unsupervised
- _____ School Nurse or designee may administer insulin
- _____ Student may carry insulin with them

Snacks: _____ Please allow a _____ gram snack at _____ am
 _____ Please allow a _____ gram snack at _____ pm
 _____ Please allow a 15 gram snack prior to gym if needed

Please contact parent if dose confirmation is needed or if blood sugar is less than 70 or over 400

Health Care Provider Signature _____

Parent Signature _____

School Personnel trained to monitor blood glucose

School Personnel trained to monitor insulin injection

School Nurse Signature

Principal Signature

Name _____	DOB _____	School _____	Grade _____
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To be completed by parents/guardian and the health care team. This document should be reviewed with necessary school staff and kept with the child's school records.

Phone numbers for parents(s)/guardian(s):

Parent/Guardian #1: _____
Home: _____
Work: _____

Parent/Guardian #2 _____
Home: _____
Work: _____

Other Emergency contact: _____
Relationship: _____
Home: _____
Work: _____

Doctor/Health care provider: _____
Phone: _____

Equipment and Supplies – Provided by Parent

Snacks (for AM/PM snack times) **Extra Snacks** (for before, after and/or during exercise) Specify:

Blood Glucose Meter Kit

(Includes meter, testing strips, lancing device with lancer, cotton balls, spot bandages)

Brand/Model: _____

Low Blood Glucose Supplies (5 day supply preferable)

- Fast Acting Carbohydrate Drinks:
(Apple juice and/or orange juice, sugared soda pop-NOT diet), at least 6 containers
- Glucose tablets, 1 package or more
- Glucose gel products (Insta-Glucose, Monogel or Glucose/25-31 gms.) 2 or more
- Prepackaged Snacks
(Crackers with cheese or peanut butter, etc.), 5 – 6 servings or more

Insulin Supplies

- Insulin pen
- Pre-filled syringes (labeled per dose)
- Insulin and syringes
- Extra pump supplies such as:
Vial of insulin, syringes
Pump syringe and tubing/needle
Batteries and tape

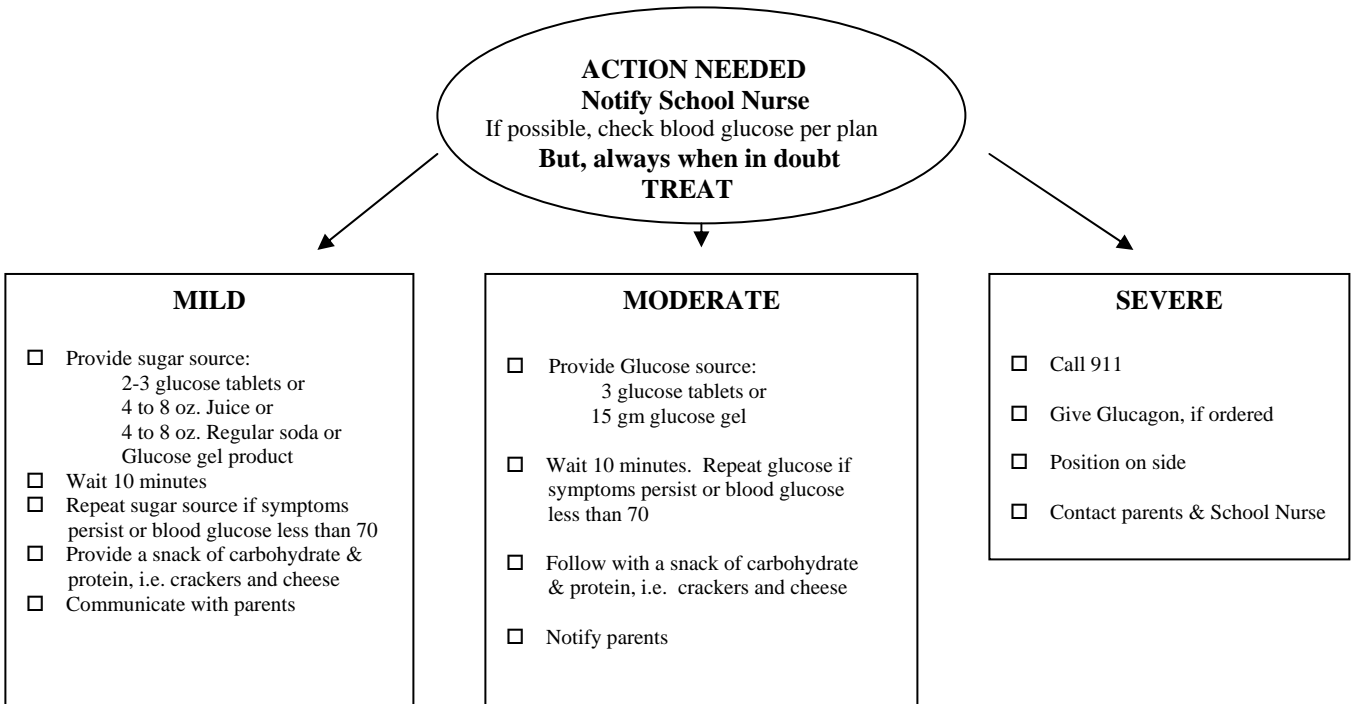
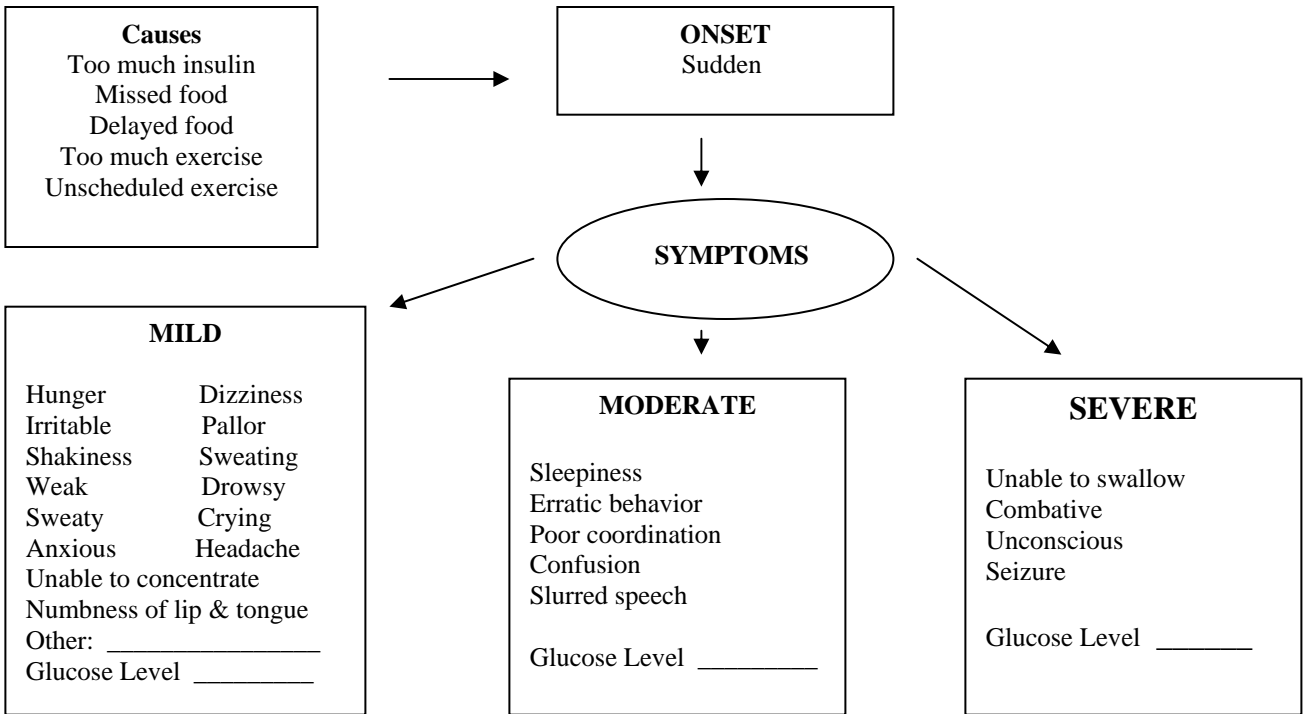
MU SSM 42A (pg 1 of 6)
Rev. 4/5/04

Insulin supplies storage location: _____

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Rev. 6/3/10

LOW BLOOD GLUCOSE TREATMENT FOR SCHOOL

Name _____	Grade/Teacher _____
Date _____	Normal Host Glucose Range _____

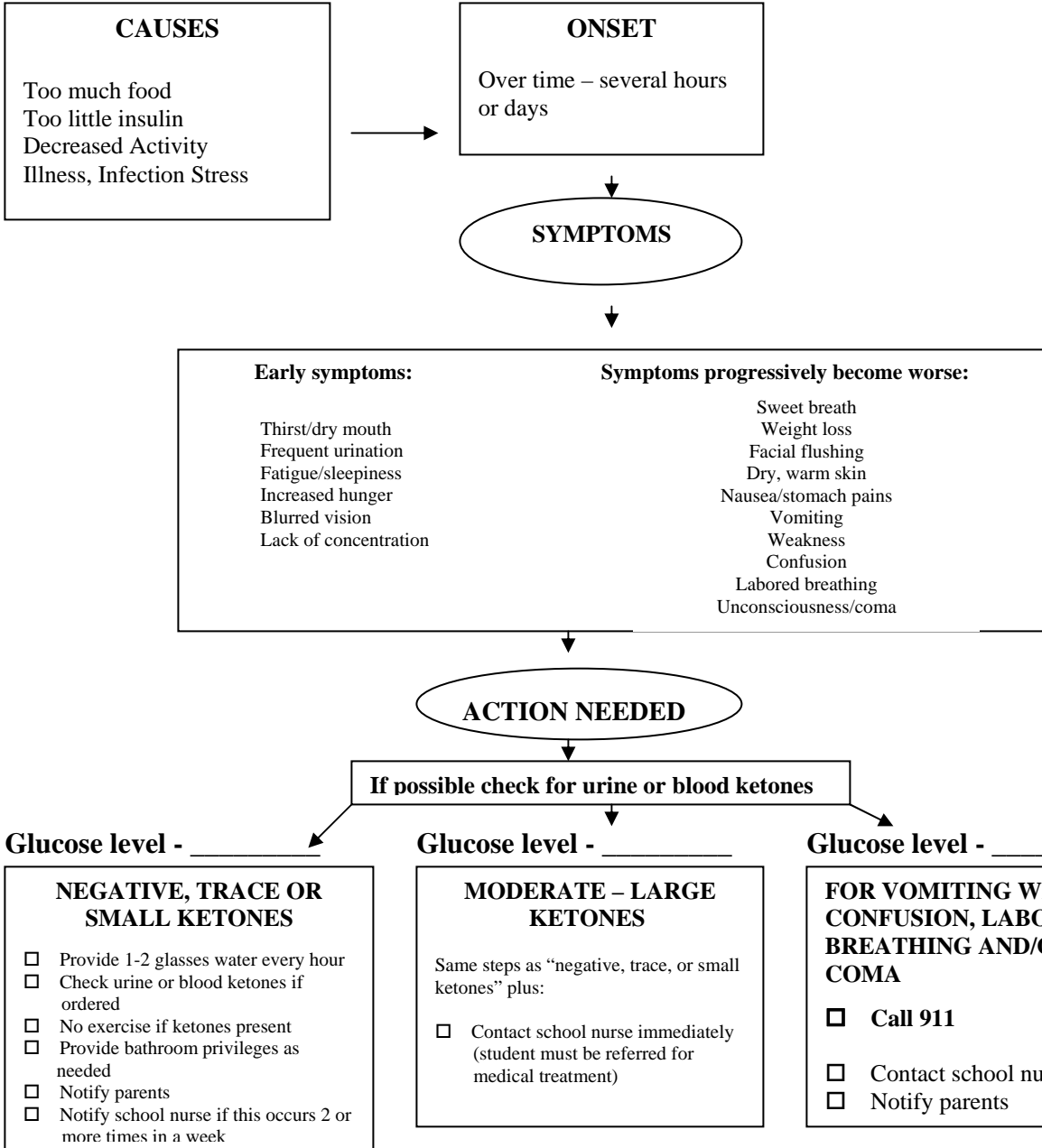


*** Never send a child with suspected low blood sugar anywhere alone**

Parent Signature _____
 Principal Signature _____
 School Nurse Signature _____

HIGH BLOOD GLUCOSE TREATMENT FOR SCHOOL

Name _____	Grade/Teacher _____
Date _____ Normal Host Glucose Range _____	



Parent Signature _____

School Nurse _____

Principals Signature _____

Blood Glucose Testing

General Information:

1. Blood Glucose Testing is performed at designated testing times or when symptoms of hypo/hyperglycemia occur (refer to specific procedure).
2. Regular monitoring of blood glucose levels contribute towards proper management of diabetes. This should be available to student in school whenever and wherever necessary.
3. Follow specific manufacturer's instructions from operating meter.
4. Non-diabetic blood glucose levels range between 70-110 before a meal. Appropriate ranges for a diabetic vary depending on age and the ability to balance insulin, diet, and exercise.
 - For students under 5 or 6 of age most blood glucose levels should be between 100 and 200. Expect some readings below 100 and some above 200. If more than about 25% of the readings are above 200 or below 100, the management plan may need to be adjusted.
 - For older and teen students most blood glucose readings should be between 80 and 150. Expect some readings below 80 and some above 150. If more than about 25% of the readings are above 150 or below 80, then the management plan may need to be adjusted.
5. Parent/Care provider to supply necessary equipment for performing procedures at school.

When giving sugar, the following are roughly equivalent:

- Four ounces of fruit juice
- ½ to 1 cup of milk
- Two glucose tablets (some are different; 10-15 grams of sugar are recommended)
- One-half tube of Cake Mate (should be placed between the cheek and the gums if unable to swallow)
- One-half of a can of soda (regular, **NOT** diet!)

Chocolate candy is not to be used unless there is no other source of sugar available. It is often not absorbed quickly enough, due to fats in the candy.

If the blood sugar remains low despite treatment and the student is not thinking clearly, the parents or the diabetes team should be called for advice.

Following an episode of low sugar, it can take several hours to fully recover. Hence, the student should not be expected to perform at optimal levels. However, diabetes should never be allowed to become an excuse for school performance.