

Diabetes Care Tasks at School: What Key Personnel Need to Know

DIABETES BASICS

Overall Goal: Optimal Student Health and Learning



Learning Objectives

Participants will learn:

- *What is diabetes?*
- *Why care at school is required*
- *Basic components of diabetes care at school*
- *Short and long term consequences of diabetes*

What is Diabetes?

Body does not make or properly use insulin:

- no insulin production
- insufficient insulin production
- resistance to insulin's effects

No insulin to move glucose from blood into cells:

- high blood glucose means:
 - h fuel loss. cells starve
 - h short and long-term complications

Type 1 Diabetes

- auto immune disorder
- insulin-producing cells destroyed
- daily insulin replacement necessary
- age of onset: usually childhood, young adulthood
- most prevalent type of diabetes in children and adolescents

Type 2 Diabetes

- Insulin resistance – first step
- Age at onset:
 - Most common in adults
 - Increasingly common in children
 - overweight
 - inactivity

Type 2 Diabetes

ONSET:

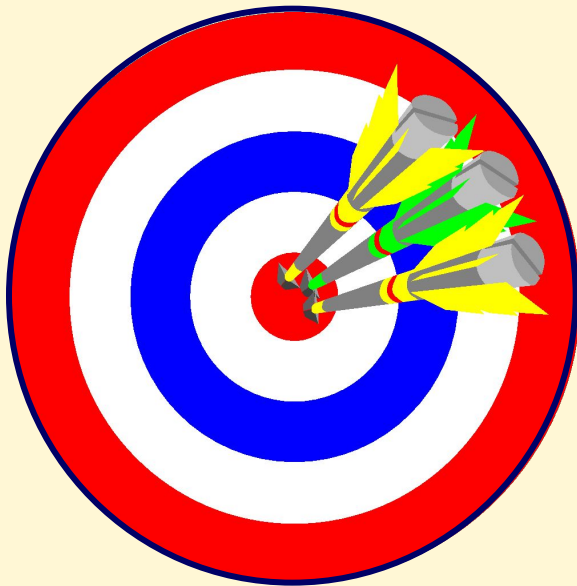
*in children
variable timeframe*

SYMPTOMS:

*tired, thirsty, hunger,
increased urination*

*some children show no
symptoms at diagnosis*

Diabetes is Managed,
But it Does Not Go Away.

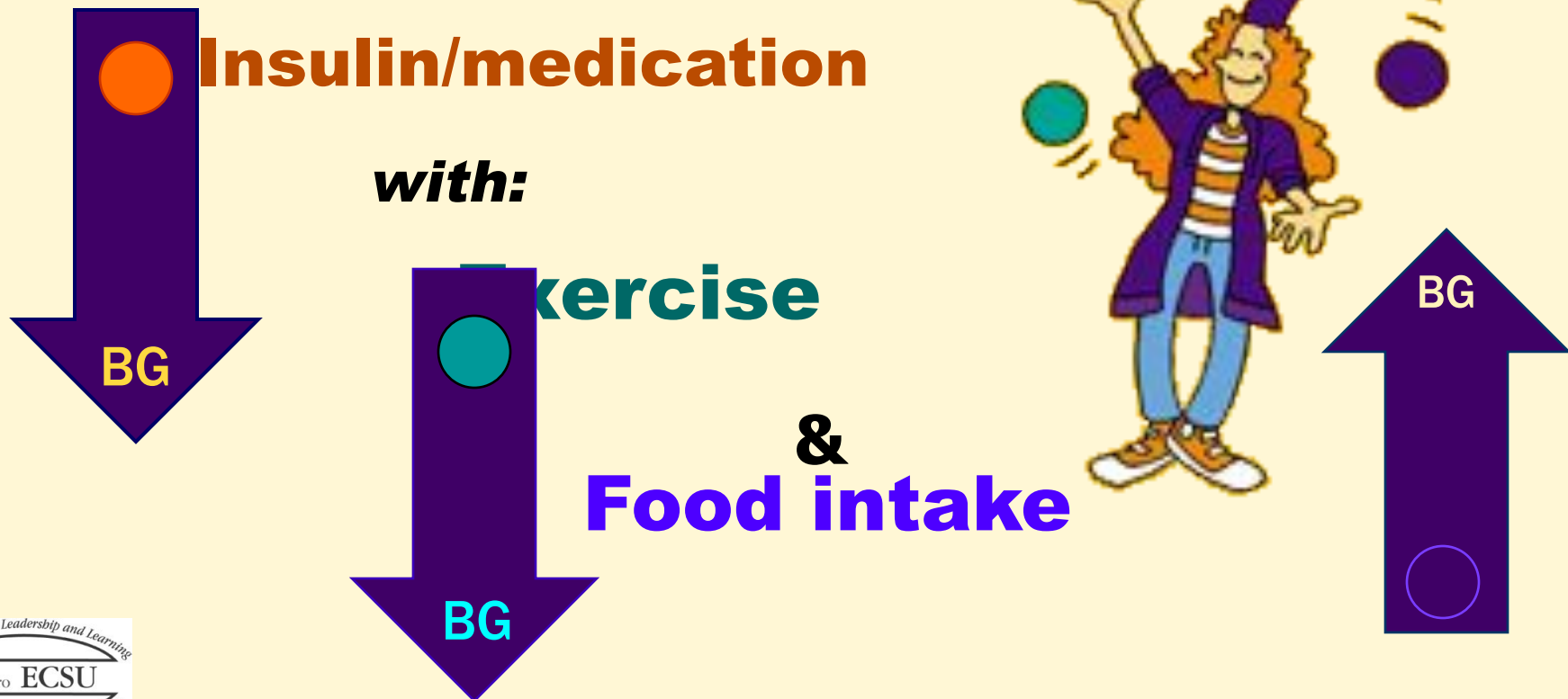


GOAL:

To maintain target
blood glucose

Diabetes Management 24/7

Constant Juggling:



Diabetes Management

Proactive → . *keep juggling the balls*

Reactive ← . *a response is indicated*

- . *corrective actions for highs or low*
- . *emergency intervention*

Assistance in Diabetes Management

Routine Care:

- Many students will be able to handle all or almost all routine diabetes care by themselves
- Some students, because of age, developmental level, or inexperience, will need help from school staff.

Urgent Care:

- Any student with diabetes may need help with emergency medical care.

Care in the Schools: School Nurses and Others

Nurse most appropriate to:

- Supervise diabetes care
- Provide direct care (when available)

However, a nurse is not always available.

Non-medical school staff can be trained to assist students

- For both routine and emergency care
- Including insulin and glucagon injections

Diabetes Medical Management Plan

- A Diabetes Medical Management Plan (DMMP) should be implemented for every student with diabetes.
- DMMP is
 - developed by the student's personal health care team and family and signed by a member of student's personal health care team
 - implemented collaboratively by the school diabetes team, including:
 - school nurse
 - the student
 - parents/guardians
 - other school personnel

Elements of a DMMP

- Date of diagnosis
- Emergency contact information
- Student's ability to perform self-management tasks at school
- List of diabetes equipment and supplies
- Specific medical orders for blood glucose monitoring, insulin, glucagon, and other medications to be given at school
- Meal and snack plan
- Exercise requirements
- Actions to be taken in response to hypoglycemia and hyperglycemia

Quick Reference Plan

- Development based on information from students DMMP
- Summarizes how to recognize and treat hypoglycemia and hyperglycemia
- Distribute to all personnel who have responsibility for students with diabetes

Where to Get More Information

American Diabetes Association
1-800- DIABETES
www.diabetes.org

National Diabetes Education Program/NIH
www.ndep.nih.gov