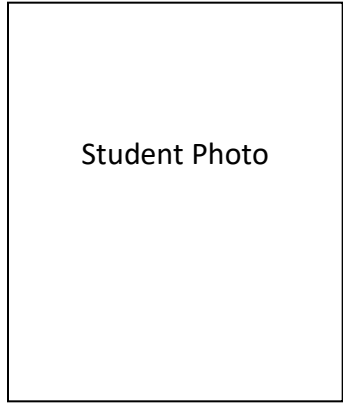




DIABETES PLAN OF CARE

for



Student Name _____

GRADE/CLASS/ROOM _____

Teacher(s): _____

DIABETES SUPPORTS

School Care Team (min 2 staff): _____

Method of home – school communication: _____

Any other medical condition or allergy? _____

SAFE STORAGE:

A) INSULIN

Student requires insulin at school by injection. Insulin and necessary equipment is located:

B) DIABETES MANAGEMENT KIT

Student will carry or have readily accessible at all times their Diabetes Management Kit. The Diabetes Management Kit is kept in the student's:

Back pack

Classroom

Other:

Additional Diabetes Management kit is also located: _____

DAILY/ROUTINE TYPE 1 MANAGEMENT

ROUTINE	ACTION
BLOOD GLUCOSE MONITORING	
Student requires trained individual to check BG/read meter	Target Blood Glucose Range _____
Student needs supervision to check BG / read meter	Time(s) to check BG _____
Student can independently check BG / read meter	Contact Parent(s) / Guardian(s) if BG is: _____
Student has continuous glucose monitor (CGM)	Parent(s) / Guardian(s) Responsibilities: _____

<p>✱ Students should be able to check blood glucose anytime, anyplace, respecting their preference for privacy</p>	<p>School Care Team Responsibilities: _____</p> <p>Student Responsibilities: _____</p>												
<p>NUTRITION BREAKS</p> <p>Student requires supervision during meal times to ensure completion</p> <p>Student can independently manage their food intake</p> <p>✱ Students should be able to check blood glucose anytime, anyplace, respecting their preference for privacy</p>	<p>Recommended time(s) for meals/snacks: _____</p> <p>Parent(s) / Guardian(s) Responsibilities: _____</p> <p>School Care Team Responsibilities: _____</p> <p>Student Responsibilities: _____</p> <p>Special instructions for meal days/special events: _____</p>												
<p>INSULIN</p> <p>Student does not take insulin at school.</p> <p>Student takes insulin at school by: Injection Pump</p> <p>Insulin is given by: _____ Student Student with supervision Parent(s)/ Guardian(s) Trained Individual : _____</p> <p>✱ ALL students with Type 1 diabetes use insulin. Some students will require insulin during the school day, typically before meal/nutrition breaks.</p>	<p>Location of insulin: _____</p> <p>Required times for insulin</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;">Before school</td> <td style="width: 33%;"></td> <td style="width: 33%;"></td> </tr> <tr> <td>Nutrition Break #1</td> <td></td> <td>Nutrition Break #2</td> </tr> <tr> <td>Lunch</td> <td></td> <td></td> </tr> <tr> <td>Other (Specify)</td> <td></td> <td></td> </tr> </table> <p>Parent(s) / Guardian(s) Responsibilities: _____</p> <p>School Care Team Responsibilities: _____</p> <p>Student Responsibilities: _____</p>	Before school			Nutrition Break #1		Nutrition Break #2	Lunch			Other (Specify)		
Before school													
Nutrition Break #1		Nutrition Break #2											
Lunch													
Other (Specify)													
<p>ACTIVITY PLAN</p> <p>✱ Physical activity lowers blood glucose. BG is often checked before activity. Carbohydrates may need to be eaten before /after physical activity. A source of fast-acting sugar must always be within student's reach.</p>	<p>Please indicate what this student must do prior to physical activity to help prevent low blood sugar:</p> <ol style="list-style-type: none"> 1. Before activity: _____ 2. During activity: _____ 3. After activity: _____ 												

<p>Student requires supervision pre- / post –activity to ensure completion</p> <p>Student can independently manage their food intake</p>	<p>Parent(s) / Guardian(s) Responsibilities: _____</p> <p>_____</p> <p>School Care Team Responsibilities: _____</p> <p>_____</p> <p>Student Responsibilities: _____</p> <p>_____</p> <p>For special events, notify parent(s)/guardian(s) in advance so that appropriate adjustments or arrangements can be made (e.g. co-curricular activities)</p>
<p>DIABETES MANAGEMENT KIT</p> <p>Parents must provide, maintain, and refresh supplies.</p> <p>This kit must be with the student and accessible at all times. Additional kits may be provided to the school to store in key locations.</p>	<p>Kits will include:</p> <ul style="list-style-type: none"> Blood Glucose meter, BG test strips, and lancets Insulin and insulin pen and supplies Source of fast-acting sugar (e.g., juice, candy, glucose tabs) Carbohydrate containing snacks Other (Please list) _____ <p>_____</p> <p>Location of Kit(s): _____</p> <p>_____</p>
<p>SPECIAL NEEDS</p> <p>A student with special considerations may require more assistance than outlined in plan.</p>	<p>Comments:</p>

EMERGENCY CONTACTS (LIST IN PRIORITY)			
NAME	RELATIONSHIP	DAYTIME PHONE	ALTERNATE PHONE

EMERGENCY PROCEDURES

HYPOGLYCEMIA – LOW BLOOD GLUCOSE (4mmol/L or less) DO NOT LEAVE STUDENT UNATTENDED

Usual symptoms of **HYPOGLYCEMIA** for my child are:

shaky	irritable / grouchy	dizzy	trembling
blurred vision	headache	hungry	weak / fatigue
pale	confused	other _____	

Steps to take for mild hypoglycemia (student is responsive)

1. Check blood glucose, and respond immediately by giving _____ gms of fast acting carbohydrate (e.g. ½ cup of juice, 15 skittles).
2. Contact the parent(s)/guardian(s) and update throughout steps 3 – 6.
3. Re-check blood glucose in 15 minutes.
4. if still below 4mmol/L repeat steps 1 and 2 until BG is above 4mmol/L. Give a starchy snack if next meal/snack is more than one (1) hour away.
5. Ensure the student is supervised until their BG has increased and is stabilized as indicated on their Diabetes Plan of Care.
6. Document the details on the Medical Incident Record.

Steps to take for SEVERE HYPOGLYCEMIA (student is unresponsive)

1. Place the student on their side in the recovery position.
2. Call 9-1-1. DO NOT give food or drink (choking hazard).
3. Contact parent(s)/guardian(s) or emergency contact.
4. Supervise student until EMS arrives.
5. Transport student to hospital by ambulance and/or follow the direction of medical personnel.

HYPERGLYCEMIA – HIGH BLOOD GLUCOSE (14MMOL/L OR HIGHER)

Usual symptoms of **HYPERGLYCEMIA** for my child are:

extreme thirst	frequent urination	headache
hungry	abdominal pain	blurred vision
warm, flushed skin	irritability	other _____

Symptoms of SEVERE HYPERGLYCEMIA (Notify parent(s)/guardian(s) IMMEDIATELY)

rapid, shallow breathing	vomiting	fruity breath
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Steps to take for MILD to SEVERE HYPERGLYCEMIA:

1. Allow student free use of bathroom.
2. Encourage student to drink water only.
3. Inform the parent(s)/guardian(s) if BG is above _____ mmol/L as noted in Diabetes Plan of Care.
4. Document details on the Medical Incident Record.

AUTHORIZATION / PLAN REVIEW

INDIVIDUALS WITH WHOM THIS PLAN OF CARE IS TO BE SHARED

(Please select with whom this plan may be shared)

school staff	classmates	transportation provider
lunchroom supervisor	relevant occasional staff	relevant volunteers
before and/or after care	post copy	
food service provider(secondary only)		
other _____		

Request for School Personnel to Administer Prescribed Medication Form is completed.

Authorization for Self-Administration Prescribed Medication by Student Form is completed.

NOTE: this form is not required for student using an insulin pump.

This plan remains in effect for the 20__ — 20__ school year without change and will be reviewed on or before: _____. (It is the parent(s)/guardian(s) responsibility to notify the principal if there is a need to change the plan of care during the school year).

I/we further hereby release the Halton District School Board, its employees and agents from any liability for loss, damage, illness or injury, howsoever caused to my/our child's person or property, or to me/us as a consequence, arising from the administration or a failure to administer, correctly or at all, the actions detailed in this Plan of Care.

Parent / Guardian: _____ Student: _____
SIGNATURE* SIGNATURE

Principal or designate: _____ Date: _____
SIGNATURE

*If the student is 18 years and over, a parent signature may not be required.