

### DIABETES HEALTH PLAN

	Insert	Student Name:			Grade:			DOB:		
	Student	School Site/Teacher:								
	Photo	Individual Head with the studed by their medica	nt's Diabetic N	ledical Mo	anagemen	t Plan (DMN	ΛΡ) prov	ided and sigr		
ROUTINE SUPPLIES	CONTENTS (check all that apply)					Classroom	Office	Other Location(s)		
	Fast acting carl									
	Blood Glucose									
	Glucagon ☐ Na									
		Ketone Strips/Meter								
	Insulin pen, pe									
	Insulin Pump. Brand:									
	Continuous Glucose Monitor (CGM). Brand:									
	SCHOOL will advise parents when running low on supplies. PARENT will maintain/refresh supplies.									
	Times relative to snack/meals and exercise as outlined in DMMP. Times vary depending on the school schedule (e.g., short Wednesdays, Minimum Days, Field Trips, etc.).									
U	Time/Event	Meal/Snack?	BG Check?	Insulin	Com	ments				
0										
Γ										
DAILY									_	
	LEGEND: A – assistance required; S - with supervision; I – independent. BG=Blood glucose/sugar									
CALL PARENTS	Mother/Father/Other: Contact #:									
	Mother/Father/Other: Contact #:									
	Please contact one of the above parents/guardians for the follow:									
	<ul> <li>If Blood Glucose is below mg/dl or greater than mg/dl</li> </ul>									
<b>1</b>	Failure of equipment: □ CGM □ Pump □ Finger Stick Glucometer □									
7	<ul> <li>Clinical presentation does not match equipment (CBG/Glucometer)</li> </ul>									
	<ul> <li>Any emergency situation (up to and including calling 911)</li> </ul>									

This worksheet is intended as a brief overview of DAILY diabetes-related tasks for this student. Consult the attached DMMP for more details. It is helpful to keep this sheet in the student's class(es), even if the student manages most of their own care. Student will be allowed access to food, drink and a restroom as needed to manage their blood sugar levels and symptoms. Student will also have access to a cell phone and/or receiver for CGM if needed to monitor their BG.

T1_DIABETES Health Plar	Grade: DOB:				
Signs of LOW Blood Sugar: Fatigue, excessive sweating, trembling, clammy, dizziness, headache, hunger pangs, visua impairment, accelerated heart to anxiety, difficulty concentration blackouts, confusion, crying, irritability, poor coordination, na inappropriate behavior.  Never send a child w/ suspection BG anywhere alone	Blood (Busea,	eck Glucose 8G)	Signs of HIGH Blood Sugar: Early: Thirsty/dry mouth, frequent urination, fatigue/sleepiness, increased hunger, blurred vision, lack of concentration. Symptoms progressively become worse: Sweet breath, nausea/stomach pains, vomiting, weakness, confusion, labored breathing, unconsciousness/coma.		
BG <	BG	BG	BG >		
***Hypoglycemia***  If conscious and able to swallow:  1. Give 10-15 grams of rapid-acting carbohydrates (carbs)  2. Re-check BG in 15 min.  3. Repeat 15 grams of rapid-acting carbs until BG >  4. Notify Parent if student is symptomatic.  If Student Becomes Unconscious, has a Seizures, or is Unable to Swallow:  1. Call 911  2. Turn student on side to ensure open airway.	Target BG  No action needed unless exercise is planned.  If PE or Strenuous Exercise is planned provide 15 grams of carbs prior to exercise and allow student to participate.  Consult school nurse as needed.	No action indicated unless student is feeling unwell.  If feeling unwell: contact School Nurse for assessment.	***Hyperglycemia***  Provide/encourage extra water  Give insulin per pump & Test for Ketones. If Ketones are MODERATE or LARGE send student home. If Ketones are trace or small and student is without symptoms, student may stay at school.  *Elevated BG should be corrected with insulin only. Do not remove student from class, have them run/walk, do additional PE, etc.*  If at any time student		
Give nasal glucagon.     Notify school nurse, parents and principal	Sample of Rapid-Acting Car (10-15 grams):  • 3 – Starbursts  • 1 - Juicy Apple Juice  • 1 - Gogo Applesauce  • 1 - Fruit Roll-Up  • 3 - Hi-Chews  • 1 – Airhead	• •	vomits, becomes lethargic, and/or has labored breathing CALL 911.  Date:		
Reviewed by Health Office (	name/signature):		Date:		
Reviewed by District RN (nam	ne/signature):		Date:		

# HYPERGLYCEMIA: HIGH BG

## KNOW THE SYMPTOMS HIGH BLOOD GLUCOSE

An individual may not always recognize symptoms of high blood glucose.

These common symptoms, and others, may indicate high blood glucose.





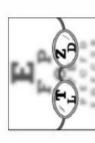




dry mouth

(bedwetting in children) Frequent urination





Blurred Vision

Increased hunger

Firedness/fatigue

I feel sick



Unusual weight loss

behavior change

Stomach pain/ cramps Nausea/vomiting

If individual has labored breathing, weakness, SEEK MEDICAL ASSISTANCE is confused or unconscious,

Adapted from Children's Diabetes Foundation at Denver

### KNOW THE SYMPTOMS HYPOGLYCEMIA: LOW BG **LOW BLOOD GLUCOSE**

An individual may not always recognize symptoms of low blood glucose. These common symptoms, and others, may indicate low blood glucose.



Blurred vision/ Shaky/weak/clammy

Hungry



Fired/drowsy

Sweaty/flushed/hot

Dizzy/headache



Slurred/

garbled speech Inattentive/spacey

anable to swallow, unable to awaken (unconscious), or is If individual is confused/unable to follow commands, having a seizure or convulsion,

GIVE GLUCAGON

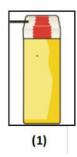
Adapted from Children's Diabetes Foundation at Denver

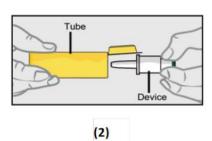
feel leepy T1\_DIABETES Health Plan for: \_\_\_\_\_ Grade: \_\_\_\_ DOB: \_\_\_\_

### Glucagon – Rescue Medication for Low Blood Glucose (Hypoglycemia)

### Baqsimi<sup>TM</sup> (glucagon nasal powder 3 mg): for kids 4 years of age and above -1 dose):

- 1. Remove the shrink-wrap by pulling on the red stripe.
- 2. Open the lid and remove the device from the tube.
- 3. Hold the device between fingers and thumb (do not push yet!)
- 4. Insert the tip into the nose until your fingers touch the outside of the nose.
- 5. Push the plunger firmly until the green line is no longer showing.











Link: Full Instruction for Use for Nasal Glucagon

Injectable Glucagon to be given SQ or IM: For further information on injectable Glucagon Print & Include pages 1 & 2 of the Glucagon Emergency Kit Instructions For Use (IFU)

### COMMON EQUIPMENT ASSOCIATED WITH DIABETIC MANAGEMENT

### **INSULIN:**

Link: <u>HUMALOG KwikPen JUNIOR Instructions For Use</u>



• Link: <u>HUMALOG KwikPen Instructions For Use</u>



o Don't forget to prim either pen with 2 units after the needle is attached, before injection.

### CGMs:

• Link: Dexcom G7 and G6 CGM Quick Start User Guides





### **INSULIN PUMPS:**

OmniPod Wireless Insulin Pumps: Link to: <u>Omnipod 5</u> and <u>Omnipod DASH</u>

Link: <u>Tandem T:Slim Insulin Pump Training Materials</u>

