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:
  - fuel loss. cells starve
  - 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 1 Diabetes

SYMPTOMS:
- increased urination
- tiredness
- weight loss
- increased thirst
- hunger
- blurred vision

CAUSE:
uncertain, likely both genetic and environmental factors

ONSET:
relatively quick
Type 2 Diabetes

- Insulin resistance – first step

- Age at onset:
  - Most common in adults
  - Increasingly common in children
    - overweight
    - inactivity
Type 2 Diabetes

**SYMPTOMS:**
- tired, thirsty, hunger, increased urination
- some children show no symptoms at diagnosis

**ONSET:**
- in children
- variable timeframe
Diabetes is Managed, But it Does Not Go Away.

**GOAL:**
To maintain target blood glucose
Diabetes Management 24/7

Constant Juggling:

Insulin/medication

with:

Exercise

&

Food intake
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