

DIABETES MANAGEMENT PLAN FOR TYPE 1 DIABETES MELLITUS

Name of School: _____

Child's Name: _____

Age: _____ years

Class: _____

Parent/Emergency contact details

1. _____

2. _____

3. _____

Key points

- There should be no queuing during mealtimes.
- He/she should eat all snacks and meals provided.
- He/she should not exchange snacks or meals with another child.
- Physical activity lowers the blood glucose level and should be encouraged always.
- Blood glucose testing should take place where the child is comfortable.
- His/her **hypo/testing kit/water** should be always with him/her.
- He/she should not be left alone during a hypo.
- He/she may not be able to concentrate on schoolwork for several hours following a hypo.
- If a staff member performs the blood glucose level, they should wear disposable gloves and have proper disposal of needles.
- If he/she has an injection at school, school staff must be educated to supervise especially if the child is too young to inject themselves.
- Insulin should always be stored in a cool dry place away from light and if possible, in a fridge.

Blood Glucose Testing should be done:

- _____ minutes before breakfast and _____ minutes before lunch.
- Any time there are symptoms of hypo or hyper.

What is a hypo?

- A hypo is a blood glucose level below 4mmol/L.

Management of a hypo or low blood glucose level

- If child says he/she feels unwell or has signs of hypo (**sleepy, shaky, poor concentration, weakness, sweating, erratic behaviour**), he/she should not leave where they are.
He/she should have a blood glucose test done immediately.

- If in doubt or not able to test, assume it is a hypo and treat immediately.
- Do not be afraid of overtreating, it is better than undertreating.

If able to swallow and take direction, treat with:

- Easily absorbed carbohydrate e.g., sugar, glucose, juice, sweet, soda.
- Do not use fat-containing foods like chocolate, milk, ice-cream, biscuit to correct a hypo as the absorption is slow.
- Retest the blood glucose level in 15 minutes, if still below 4mmol/L repeat the sweet part of the treatment.
- Once the blood glucose level is above 4mmol/L, follow with a snack or meal if due within 1 hour or give longer acting carbohydrate (1 slice of bread or half a banana or 200ml of milk or a medium apple) in hypo kit (should be always with child).

Management of a severe hypo (when child cannot swallow, is drowsy or unable to take direction)

- Coma position (lie on the side)
- Keep airway clear
- Smear glucose gel or a thick paste of glucose on the dependent (lower) cheek pad.
- Stay with child
- Call ambulance, consult diabetes team, take child to the hospital - “diabetes emergency”
- Call parent and let them know

High levels (hyperglycaemia/hyper)

When blood glucose level is above 10mmol/L he/she will be thirsty and want to pass urine more frequently.

- He/she needs to be allowed to drink water and go to the toilet as necessary.
- If he/she feels unwell, the school nurse should assess the child and refer to the hospital if necessary.
- If child is vomiting, ambulance should be called to take the child to the nearest hospital for further management.

Management of physical activity

- Child should test blood glucose level before exercise.
- If glucose is below 7mmol/L, he/she should have a “top up” snack prior to the activity (e.g., 1 slice of bread or half a banana or 200ml of milk or a medium apple).
- If it is 7-14mmol/L, he/she can proceed with the activity.
- If it is above 14mmol/L, he/she should take water and extra insulin, and wait for the blood glucose level to come down to 7-14mmol/L before beginning the exercise.
- If the exercise session lasts more than 30 minutes, he/she should take a snack every 30 minutes (e.g., 1 slice of bread or half a banana or 200ml of milk or a medium apple).
- Child’s parent/guardian can attend excursions and sporting events wherever possible.
- His/her hypo/testing kit/water should be with him/her during exercise.

In case of any queries or clarifications, please contact the Paediatric Emergency on (Tel) _____