Diabetes in School

Interior Health

Updated August 2018
Learning Objectives

• Will have a basic understanding of type 1 diabetes.

• Will be able to recognize the signs and symptoms of low blood sugar (hypoglycemia) and high blood sugar (hyperglycemia) and how to respond to this.

• Will know who to contact immediately in case of an emergency.
What is Diabetes?

Diabetes is a chronic health condition in which the body cannot use the glucose (sugar) found in food.

Type 1 (T1D):
The pancreas does **NOT** produce insulin.

Type 2:
The pancreas does not produce **ENOUGH** insulin and/or the body **RESISTS** the action of insulin.
What is Insulin?

- Hormone produced in the pancreas
- Allows our cells to use the glucose (sugar)
- Without it, our body can’t create energy
How is insulin given at school?

Student, parent or trained staff administers the insulin with an insulin pen or a syringe or an insulin pump.
Diabetes at School

• All students with diabetes will have a Diabetes Support Plan.

• Many students will be able to handle all or almost all of their non-emergency diabetes care tasks by themselves. Other students might need reminding to ensure a task is completed.

• Some students require specially trained school personnel to provide or supervise diabetes care. For these students, the Nursing Support Services program is involved.
Needs of Students with Diabetes

• Unrestricted access to emergency snacks and bathrooms.

• To eat on time and have adequate time to finish meals.

• Access to diabetes equipment (e.g. blood glucose meter) and be permitted to check blood sugar levels and respond to the results anywhere and anytime.

• To be able to contact their parents as needed to manage their diabetes.
Hypoglycemia

**SYMPTOMS**

- Shaking
- Sweating
- Anxious
- Dizziness
- Hunger
- Fast heartbeat
- Impaired vision
- Weakness
- Fatigue
- Headache
- Irritable

Credit: Google images
Emergency Treatment of Hypoglycemia

• If a student has symptoms of low blood glucose, **ALWAYS**
  give a fast acting carbohydrate i.e.:
  
  o 3-4 (15 g) glucose tablets or
  o 15 ml (1 tbsp.) sugar dissolved in ½ cup water or
  o 175 ml (3/4 c) juice or regular pop or
  o 15 ml (1 tbsp.) of honey

**DO NOT** give food or drink if the student is unconscious, having a seizure or is unable to swallow: **call 911, give glucagon if delegated**

**HYPOGLYCEMIA IS LIFE THREATENING IF LEFT UNTREATED….**
Hyperglycemia

Very thirsty

Needing to pass urine more often than usual

Dry skin

Very hungry

Sleepy

Blurry vision

Infections or injuries heal more slowly than usual

Credit: Google images
Role of School Staff

• Familiarize themselves with the student’s emergency plan and symptoms of low blood glucose and be able to respond appropriately

• Allow student to eat/drink and have access to the bathroom as requested

• Ensure that student eats snacks/lunch

• Inform parents of changes in student’s health or eating habits

• Monitor student after treatment for low blood glucose
Role of the Family

• Provide information to the school

• Provide copy of Doctor’s treatment plan

• Ensures child has a Medical Alert Bracelet/Necklace

• Provides snacks, lunch, and emergency foods

• Provides supplies and equipment
Role of Nursing Support Services Coordinator

- Provides student specific training for staff
- Develops Individual Care Plan for younger students or those cognitively unable to manage their own diabetes needs
- Provides support to school staff, family and student

Role of Public Health Nurse

- General diabetes teaching for school staff and student’s peers in consultation with the family
- Trains selected school staff in Glucagon administration
- Serves as a consultant throughout the school year
Resources


• BCCH Endocrinology & Diabetes Unit http://endodiab.bcchildrens.ca

• Child Health BC Diabetes Care in the School Setting http://www.childhealthbc.ca/sites/default/files/15%20Diabetes%20Care%20in%20the%20School%20Setting%20Evidence-Informed%20Key%20Components%20Care%20Elements%20and%20Competencies%28September%202013%29.pdf

• Diabetes Canadian http://www.diabetes.ca/
Any Questions?