

# Diabetes in the School Setting



## Level I Training

# IDEA - Public Law 94-142

## Student Rights

- Free and appropriate public education.
- Least restrictive environment.
- Eligible students receive services to meet their individual needs (IEP).
- Diabetes classified as “Other Health Impairment”.

# Rehabilitation Act - Section 504

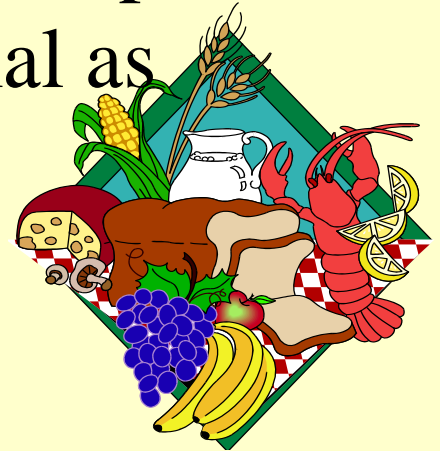
- Protects persons with disabilities from being excluded from participation in any program or activity receiving federal funding.
- A 504 plan may be written to specifically state the accommodations necessary to meet the student's needs at school.

# What is Diabetes?

- Insulin, a hormone produced by the pancreas, helps the body convert food into energy.
- In diabetes, the pancreas does not make insulin or the body cannot use the insulin properly.
- Diabetes is a serious , chronic disease that impairs the way the body uses food.

# What is Diabetes?

- This can cause the blood sugar level to be too high or too low.
- Diabetes cannot be cured, only managed.
- Diabetics must carefully balance food, medications and activity levels to keep the blood sugar level as close to normal as possible.



# Types of Diabetes

## Type I

- Pancreas does not produce insulin
- Must receive insulin through injections or a pump
- Most common type afflicting school-age children

## Type II

- Insulin is not used properly in the body
- May be able to control the disease with diet and exercise
- May require oral medications and/or injections
- Obesity is a high risk factor

# Diabetic Management at School

- The student may have to visit the nurse at scheduled times for blood testing and/or insulin injections, as well as urine testing.
- It is the responsibility of the teacher, student, and nurse to ensure testing and/or medications are administered on time.
- Special arrangements should be made in the event of extracurricular and off campus activities.

# Diabetic Management at School

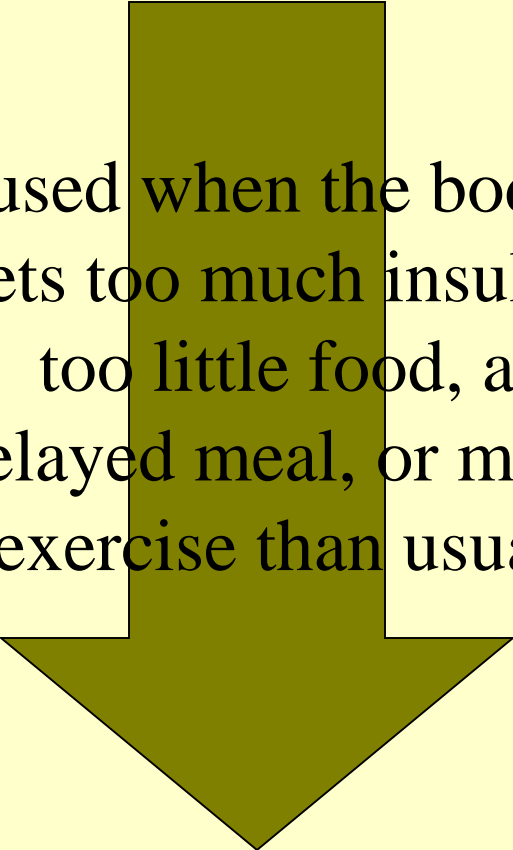
- It may be necessary for a diabetic student to eat a snack in the classroom to maintain adequate blood sugar levels.
- Depending on maturity, blood sugar testing may be performed in the classroom. It is possible that students will be administering insulin in the classroom.
- Some students have insulin pumps which automatically administer calculated amounts of insulin.



# Diabetic Management at School

- The student may need special scheduling for lunch.
- The student may require quick acting sugar to be available at all times.
- The student may require free access to water; may carry a water bottle.
- The student will require free access to the restroom.

# Hypoglycemia (Low Blood Sugar)

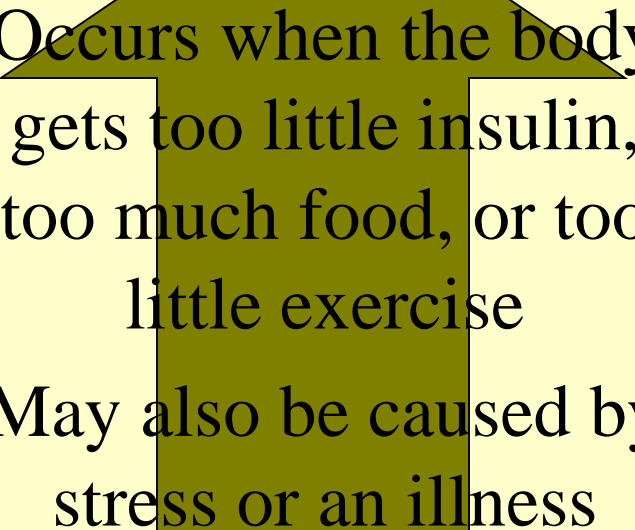


Caused when the body gets too much insulin, too little food, a delayed meal, or more exercise than usual

## Symptoms include:

- Light-headedness
- Irritability
- Confusion Inability to follow directions
- Sleeping in class
- Headache
- Hunger
- Shakiness/Fainting

# Hyperglycemia (High Blood Sugar)

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- Occurs when the body gets too little insulin, too much food, or too little exercise
  - May also be caused by stress or an illness

## Symptoms include:

- Excessive thirst
- Frequent urination/trips to the restroom
- Blurry vision
- Fast heart rate, rapid breathing
- Nausea/Vomiting

# Treatment of Symptoms

- Always allow a student with unresolved symptoms to go to the nurse immediately.
- Never allow a student with symptoms to go to the clinic by him/herself.
- Only staff members who are trained in diabetes management should treat a symptomatic student.
- Hypoglycemia will be treated with glucose tablets/gel, juice, snacks, or soda according to the students Individualized Health Plan (IHP).
- Hyperglycemia will be treated according to the student's IHP.

# Emergency Care

- Hypoglycemia and hyperglycemia can both be potentially life-threatening and must be treated immediately.
- 9-1-1 and trained staff members should be contacted immediately.
- Hypoglycemia may cause unconsciousness or seizures and may be treated with Glucagon administered by the nurse or by Level III trained school personnel.

# Your student with Diabetes

- Will have an IHP specific to their Diabetes management.
- Will have specific instructions for emergency care management.
- Will have specific equipment/supplies/snacks.

# What YOU need to do

- Check with your school nurse to obtain specific information about students with Diabetes under your instruction/supervision.
- Read the emailed handout “A Guide to Diabetes in the School”.

# What YOU need to do

- Clip the handout to your grade/attendance book for your substitute's reference.
- Please ask for any clarification about Diabetes and the management of a diabetic student from your school nurse.
- Thank you for your participation in learning about the care of students with diabetes.



# Course Completion Confirmation

(Print this slide and turn into campus nurse.)

- My signature below is confirmation that I have completed Diabetes in the School Setting Level Training.

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Printed Name

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Signature

Date \_\_\_\_\_

# Bibliography

- Richardson ISD Health Services: Canham RN, Gloria: Jones RN, Erin; Simpson RN, Sharon; Wheeler RN, Sandra.