

Diabetes

1. Notification

The parent/carer of the pupil should be advised in school handbook and enrolment form of the need to notify the school that the pupil has Type 1 diabetes (diabetes). Pupils who have diabetes are at risk of variable blood glucose and will need treatment in school with insulin.

2. School Healthcare Plan

Form 9: School Healthcare Plan – Diabetes ‘Veo’ insulin pump and, if required, supplementary Continuous Glucose Monitoring for ‘Vevo’ pump plan

OR

Form 9: School Healthcare Plan - Diabetes ‘640G or 670G or 780G’ Insulin Pump and, if required, supplementary Continuous Glucose Monitoring for ‘640’ pump plan, Medtronic published 670G/780G CGM supplementary

OR

Form 9: School Healthcare Plan – Diabetes insulin injection

OR

Form 9: School Healthcare Plan - Diabetes ‘Omnipod’ Insulin Pump

OR

Form 9: School Healthcare Plan - Diabetes ‘T: Slim X2’ Insulin Pump and, if required, supplementary Continuous Glucose Monitoring for ‘T: Slim X2’ pump plan

OR

Form 9: School Healthcare Plan – Diabetes DEXCOM

should be completed for all pupils who have diabetes by the parent/carer and the school. Support in completing the school healthcare plan can be sought through the Diabetes Nurse Specialists. The plan should be reviewed every year.

3. Awareness/Continuing Professional Development - Requirements for all Schools

The head teacher should ensure that all teaching and support staff are aware of these procedures pertaining to a pupil’s condition and the particulars of any needs that may arise in school. The head teacher is responsible for ensuring all school staff are aware of the arrangements to manage a medical emergency.

The head teacher should encourage staff to volunteer to undertake the administration of appropriate emergency treatments. The head teacher should enable these staff to attend the earliest available ASL: Diabetes – Managing Diabetes in Educational Establishments session available through the Continuing Professional Development Directory. For further details on CPD, see section 4.3.

The Specialist Diabetes Nurse will visit the schools of pupils newly diagnosed with diabetes and give advice and information to staff directly involved with that pupil.

4. The School Curriculum

Diabetes should not impede any area of the curriculum for pupils in school. Arrangements must be made to allow pupils with diabetes to carry out blood glucose testing, treat hypoglycaemia (low blood glucose), administer insulin and eat additional carbohydrate if required. A pupil with diabetes must not be delayed from receiving a meal when insulin has been given.

Pupils with diabetes should not be prevented from attending residential excursions. The Diabetes Nurse Specialist should be contacted on 0131 536 0375 prior to residential excursions.

5. Review of School Healthcare Plans

School Healthcare Plans will be reviewed annually and if there are any changes in treatment. If there are no changes, the Agreement to School Healthcare Plan Review sheet should be completed and signed as indicated. If there are any significant changes a new school healthcare plan should be completed.

6. Checklist of General School Arrangements

The following summarises general school arrangements;

- All school staff, supply teachers, visiting teachers and support staff should be made aware of pupils with diabetes and of these procedures.
- The class register should be clearly marked to indicate pupils with diabetes so that when a supply teacher takes a class she/he is aware of any pupils with diabetes in that class.
- All staff who may have direct day-to-day responsibility for the pupil should be familiar with the School Healthcare Plan.

Diabetes – continued

- Pupils should carry a supply of glucose. An emergency box of supplies should be kept in a central, easily accessible place.
- A list of staff who have attended an ASL: Managing Diabetes in an Educational Establishment within the last two years should be displayed clearly in the school office.
- The relevant parties as indicated on the form must sign the School Healthcare Plan
- The parent/carer has responsibility for the contents of the emergency box of supplies. As a matter of good practice, the school should check the expiry date of all medication and send home Form 6a/Notice to parent/carer that medication needs replenishing (Appendix 8) to indicate when the supplies are becoming low.
- Procedures for summoning emergency services (Appendix 20) should be clearly displayed by all telephones.
- Should a pupil require emergency treatment the instructions on the HYPOglycaemia Care Flow Diagram must be followed.
- The Diabetes Nurse Specialists should be contacted if a pupil has frequent periods of absence with diabetes given as the reason for their absence.

Pupil's name	Photograph of pupil
Date of birth	
CHI	
Address	
School	

This plan should be completed by the pupil's parent/carer and, where it involves the administration of medication, it must be approved by the hospital consultant/specialist nurse/GP.

Name of approving clinician	
Signature	Date

(A letter detailing medication/care and signed by the hospital consultant/specialist nurse or GP can replace this signature)







Signature of parent/carer	Date
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Once completed, the parent/carer is responsible for taking a copy of this School Healthcare Plan to all relevant hospital/GP appointments for updating.

Pupil's name	Date of Birth
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Parent/Carer Contact 1

Parent/Carer Contact 2

Name	Name
Relationship to pupil	Relationship to pupil
Address	Address
 Home	 Home
 Work	 Work
 Mobile	 Mobile

Hospital/Clinic Contact

General Practitioner

Name	Name
Address	Address
	

Signature of parent/carers	Date
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Pupil's name	Date of Birth
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What is Diabetes?

Diabetes (type 1) is a condition that develops when a person does not produce enough of the hormone insulin. Insulin allows the glucose from the food we have eaten, to move from the bloodstream into the cells, where it can be used for energy.

People who develop diabetes (type 1) in childhood require insulin by injection or insulin pump therapy. A healthy, balanced diet is recommended and carbohydrate counting of all food is required to ensure that the correct amount of insulin is given.

Carbohydrates are divided into 2 groups:

1. Sugary carbohydrates e.g. sweet biscuits, chocolate, fruit and some dairy products.
2. Starchy carbohydrates e.g. bread, cereals, pasta and rice.

What the school needs to know:

- How to administer an insulin injection.
- How to manage and treat 'hypos'.
- Where supplies are kept (Hypo Kit and Insulin Pens).
- When and where to get help (detailed in Health Care Plan).

Details of Care Insulin Injections HCP

_____ has Type 1 Diabetes which is regulated by insulin injections. Their medical care is managed by the RHSC Paediatric Diabetes Team and parents/carers are fully trained to manage and make decisions about their child's care.

Because of _____ age he/she cannot take full responsibility for managing her/his diabetes. These are the things that they need help from school staff with: (Delete as appropriate)

- HYPOglycaemia: the child must **NOT** be left on their own until the Hypo has been resolved. HYPOglycaemia should be treated where/when ever it occurs.
- _____ can/cannot assist with the practical aspects of their blood glucose testing but/and needs an adult to support/supervise and make the decision whether he/she is hypo or hyperglycaemic and the action required.
- At mealtimes _____ needs direct support to administer their dose of insulin by injection.
- At times of snacks and meals _____ needs direct support to administer their dose of insulin via an injection.

This Healthcare Plan has been devised so that those using it can navigate easily to the correct information and flowchart as required.

Signature of parent/carer

Date

Pupil's name	Date of Birth
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Details of Medication/Equipment (Delete as appropriate)

Medication /Equipment	Dose	Comments
Glucose tablets	3 tablets	As per HYPO glycaemia action flow chart
Glucose powder	2 teaspoons dissolved in 10–20ml of water.	As per HYPO glycaemia action flow chart
Lucozade original	110mls	As per HYPO glycaemia action flow chart
Glucogel	1 tube	As per HYPO glycaemia action flow chart
Blood glucose meter	N/A	For checking blood glucose levels.
Insulin <hr/> (state insulin type)	Variable	The dose of insulin depends on blood glucose level and amount of carbohydrate to be eaten. Some children may adjust doses for activity.

Details of Routine Care

Blood Glucose should be checked at the following times (complete times as appropriate): <ul style="list-style-type: none"> • Mid Morning – • Pre Lunch – • Mid Afternoon – 	
READING	ACTION
4.0mmol/l or above	<ul style="list-style-type: none"> • Record BG in diary provided by parent. • It is important to ensure that the child eats the meal that they have had insulin for. If any concerns contact parents.
Below 4.0 mmol/l 'Hypo'	<ul style="list-style-type: none"> • Follow HYPOglycaemia flow chart • Observe child until hypo has resolved. It can take up to 45 minutes for full concentration to return following a hypo.

Signature of parent/carers	Date
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Details of Care for P.E.

1. Check blood glucose before activity.
2. If blood glucose is less than 4mmol/l refer to Hypoglycaemia flowchart before continuing
3. If blood glucose is less than _____, give _____ a snack of ____gms.

Details of Emergency Care Details of Care

For low blood glucose follow instructions as **HYPO**glycaemia flow chart.

If a child has a blood glucose reading of 15mmol/l or above and appears unwell with abdominal pain, nausea, vomiting or headache contact parents urgently

Signature of parent/carer

Date

This Plan was completed on _____ and its contents agreed by the undersigned.

Pupil's name	Date of birth
School	

Parent/carer

I realise that the school is not obliged to undertake healthcare and that any healthcare provided by school will be carried out on a voluntary basis under the guidance of NHS staff. I give my consent to the information contained in this healthcare plan being shared with all staff working with my child. I give my consent for the school to contact the named health care professional(s) and for those professionals to advise the school in any relevant matters in connection with this. I accept full responsibility for keeping the school informed of anything that may be relevant in relation to the implementation of this care. I accept responsibility for ensuring that there are supplies of any relevant medication, materials or equipment for my child's needs.

I wish my child to have the care/medication detailed in this plan and I accept that the emergency services will be summoned, where appropriate, in the event that the school staff are unable to administer the plan at any time.

Name of parent/carer	
Signature	Date

Pupil(if appropriate)

I agree to the care arrangements as detailed in this plan

Name of pupil	
Signature	Date

The Headteacher/ Designated member of senior management

I agree to the procedures detailed in this plan being administered by appropriately trained staff who have attended a Diabetes Management CPD session within the last two years.

In the event that these procedures cannot be implemented at any time, where appropriate, the school will follow advice received from the health professionals in summoning the emergency services.

Name of member of staff	
Signature	Date

Copies held by parent/carer and head teacher

This Plan was reviewed on _____ and its contents agreed by the undersigned.

Date of next review

Pupil's name	Date of birth
School	

Parent/carer

I realise that the school is not obliged to undertake healthcare and that any healthcare provided by school will be carried out on a voluntary basis under the guidance of NHS staff. I give my consent to the information contained in this healthcare plan being shared with all staff working with my child. I give my consent for the school to contact the named health care professional(s) and for those professionals to advise the school in any relevant matters in connection with this. I accept full responsibility for keeping the school informed of anything that may be relevant in relation to the implementation of this care. I accept responsibility for ensuring that there are supplies of any relevant medication, materials or equipment for my child's needs.

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Name of member of staff	
Signature	Date

Copies held by parent/carer and head teacher

Diabetes Treated with Insulin Injections in Schools Flow Chart to Manage HYPOglycaemia; Blood Glucose of Less Than 4.0 mmol/l

Photograph of pupil

Name

Date of Birth

Can show one or several of the following but sometimes there are no obvious signs;

- Headache
- Pale
- Sweaty
- Tearful/weepy
- Nausea/vomiting
- Blurred vision
- Wobbly/shaky/weak
- Grumpy/bad tempered
- Feeling "not right"

Wash and dry child's hands then check blood glucose reading. Is reading less than 4.0mmol/l?

YES

NO

No Action required

Give fast acting Glucose immediately;
3 Glucose tablets
or
2 teaspoons of Glucose Powder
or
110mls Original Lucozade or equivalent

YES

Is the child becoming uncooperative or losing consciousness?

NO

YES

- Dial 999 for an ambulance stating that the pupil has diabetes and has low blood glucose.
- Follow instruction given by ambulance control staff
- Contact parent/carer
- If the pupil becomes unconscious, place in recovery position.
- **DO NOT ATTEMPT TO GIVE ANYTHING BY MOUTH**

Give 15gms Carbohydrate*

NO

Is reading still less than 4.0mmol/l?

After 10 – 15 minutes recheck Blood Glucose.

N.B. If Hypo is not resolved after 3 cycles of treatment, contact parents for advice but continue the cycle of treatment

Notes:

If blood glucose is above 6mmol/l and the hypo has been within the previous 2 hours do not give a correction dose of insulin before the next meal.

* If hypoglycaemic immediately prior to a meal, treat hypo and when BG is above 4 give insulin for food and ensure meal is eaten straight away. No need for an extra snack.