Diabetes Care Tasks at School: What Key Personnel Need To Know

DIABETES BASICS

American Diabetes Association

Safe at School
All school staff members should have basic knowledge of diabetes and know who to contact for help.
LEARNING OBJECTIVES

Participants will be able to understand:

- What is diabetes?
- Why care at school is required
- Basic components of diabetes care at school
- Short and long term consequences of diabetes
- Hypoglycemia and hyperglycemia
In diabetes:

- The body does not make or properly use insulin

Insulin is needed to:

- Move glucose from blood into cells for energy

If insulin isn’t working, high blood glucose results in:

- Low energy levels
- Dehydration
- Complications
TYPE 1 DIABETES

- Autoimmune disorder
- Insulin-producing cells are destroyed
- Daily insulin replacement is necessary for survival

Age of onset: usually childhood, young adulthood
Most common type of diabetes in children and adolescents
TYPE 1 DIABETES

ONSET: relatively quick

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

CAUSE: autoimmune: uncertain, both genetic and environmental factors
TYPE 2 DIABETES

Insulin resistance – first step

Insulin may or may not be required for treatment

Age of onset: most common in adults but increasingly common in youth

Risk factors include:
- Overweight
- Inactivity
- Genes
- Ethnicity
TYPE 2 DIABETES

ONSET: variable timeframe for children

SYMPTOMS: tired, thirsty, hunger
increased urination
- some children show no symptoms at diagnosis
- others are symptomatic with very high blood glucose levels
DIABETES MANAGEMENT

Diabetes is Managed, But it Does Not Go Away.

GOAL:
Maintain target blood glucose
DIABETES MANAGEMENT
Constant Juggling - 24/7

- Food
- Not enough insulin or carbs don’t match insulin provided
- Illness, stress, injury
- Side effects from other medications (steroids)

- Too much insulin
- Carbohydrates don’t match insulin given or didn’t finish all carbohydrates after providing insulin
- Exercise or activity *

* Physical activity generally lowers blood glucose. However, certain activities may raise blood glucose for some students.

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DIABETES MANAGEMENT

Routine Care:

• Many students will be able to handle all or almost all routine diabetes care by themselves
• Some students will need school staff to perform or assist with routine diabetes care
• Care needs will be outlined in the DMMP for each student

Emergency Care:

• ALL students with diabetes will need help in the event of an emergency situation
HYPOGLYCEMIA: POSSIBLE SIGNS AND SYMPTOMS

Mild to Moderate Symptoms
- Extreme Hunger
- Shakiness
- Weakness
- Paleness
- Dizzy or lightheaded
- Increased heart rate
- Yawning
- Irritability/frustration
- Extreme tiredness/fatigue
- Sleepiness
- Changed behavior
- Sweating
- Anxiety
- Dilated pupils
- Restlessness
- Confusion
- Sudden crying

Severe Symptoms
- Inability to eat or drink
- Unconscious
- Unresponsive
- Seizure activity or convulsions (jerking movements)
HYPERGLYCEMIA: POSSIBLE SIGNS AND SYMPTOMS

**Mild Symptoms**
- Lack of concentration
- Thirst
- Frequent urination
- Flushing of the skin
- Sweet, fruity breath
- Blurred vision
- Weight loss
- Increased hunger
- Stomach pains
- Fatigue/sleepiness

**Moderate Symptoms**
- Dry mouth
- Vomiting
- Stomach cramps
- Nausea

**Severe Symptoms**
- Labored breathing
- Confusion
- Profound weakness
- Unconscious
CARE IN THE SCHOOLS: SCHOOL NURSES AND OTHERS

A School nurse is most appropriate to:

- Coordinate diabetes care
- Supervise diabetes care
- Provide direct care (when available)
- Communicate about health concerns to parent/guardian and health care team

However, a school 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 administration
DIABETES MEDICAL MANAGEMENT PLAN (DMMP)

Basis for all school-based diabetes care plans

Developed by the student’s personal health care team and parent/guardian and signed by a member of student’s personal health care team

Individualized

Implemented collaboratively by the school diabetes team:
• school nurse
• the student
• parent/guardian
• other school personnel
Module 1 Pre – and Post – Tests: Diabetes Basics

This tool may be freely duplicated and distributed for training purposes
1. **What is diabetes?**
   1. Body produces too much glucose
   2. Body does not make or use insulin properly
   3. Joints are stiff and painful
   4. a and b

2. **Which of the following is/are symptoms of type 1 diabetes?**
   1. Increased urination
   2. Increased thirst
   3. Increased hunger
   4. All of the above

3. **Insulin makes blood glucose go:**
   1. Down
   2. Up
   3. Stay the same

4. **The need for assistance with diabetes care will vary from student to student.**
   4. True
   5. False

5. **What is the name of the written plan that is signed by the student’s healthcare provider and sets out diabetes care in the school setting?**
   1. Section 504 Plan
   2. Individualized Health Care Plan
   3. Diabetes Medical Management Plan
WHERE TO GET MORE INFORMATION

American Diabetes Association
1-800- DIABETES
www.diabetes.org/safeatschool