

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

## *DIABETES MEDICAL MANAGEMENT PLAN (DMMP)*



# GOAL: OPTIMAL STUDENT HEALTH AND LEARNING

Each student should have a Diabetes Medical Management Plan (DMMP) as the foundation for all school-based care.



# LEARNING OBJECTIVES

Participants will be able to understand:

*Why the Diabetes Medical Management Plan is important*

*What other kinds of plans are most often used*

*The purpose, content, and person(s) responsible for each kind of plan*

# 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

# DMMP INFORMATION

Emergency contact information

Level of self-care

Blood glucose monitoring

Insulin/medication administration

Glucagon administration

Meal and snack schedule

Physical activity and sports

Recognition and treatment of hypoglycemia and hyperglycemia

# OTHER WRITTEN PLANS

Section 504 Plan

Individualized Education Program (IEP)

Individualized Health Care Plan (IHP)

Emergency Care Plans for Hypoglycemia and Hyperglycemia

# NEEDS ADDRESSED BY 504 PLAN/IEP

- Location and timing of blood glucose monitoring and insulin administration
- Identity of trained diabetes personnel
- Location of diabetes supplies
- Free access to water and restroom
- Nutritional needs, meals and snacks
- Full participation in all school-sponsored activities
- Access to blood glucose checks and treatment supplies during exams
- Alternative times for academic exams if student is experiencing hypoglycemia or hyperglycemia
- Absences without penalty for doctors' appointments and diabetes-related illness
- Maintenance of confidentiality and student's right to privacy

# INDIVIDUALIZED HEALTH CARE PLAN (IHP)

- The school nurse may develop to implement the DMMP
- Based on Diabetes Medical Management Plan (DMMP) or “medical/physician’s orders”
- Communicates the nursing management strategies for the student in the school setting



# EMERGENCY CARE PLANS FOR HYPOGLYCEMIA AND HYPERGLYCEMIA

- Summarizes to how to recognize and treat hypoglycemia and hyperglycemia
- Based on information from DMMP
- Distributed to all personnel who have responsibility for student with diabetes

Page 1 of 2, Hyperglycemia Emergency Care Plan

## Hyperglycemia Emergency Care Plan (For High Blood Glucose)

Student's Name: \_\_\_\_\_  
 Grade/Teacher: \_\_\_\_\_  
 Date of Plan: \_\_\_\_\_

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### Emergency contact information

**Parent 1/Guardian:** \_\_\_\_\_  
 Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
 Work Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

**Parent 2/Guardian:** \_\_\_\_\_  
 Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
 Work Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

**Health Care Provider:** \_\_\_\_\_  
 Phone Number: \_\_\_\_\_

**School Nurse:** \_\_\_\_\_  
 Contact Number(s): \_\_\_\_\_


**Trained Diabetes Personnel:** \_\_\_\_\_  
 Contact Number(s): \_\_\_\_\_

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Causes of Hyperglycemia	Onset of Hyperglycemia
<ul style="list-style-type: none"> <li>• Too little insulin or other blood glucose-lowering medications</li> <li>• Insulin pump or infusion set malfunction</li> <li>• Food intake that has not been covered adequately by insulin</li> <li>• Decreased physical activity</li> <li>• Stress</li> <li>• Infection</li> <li>• Injury</li> <li>• Severe physical or emotional stress</li> </ul>	<ul style="list-style-type: none"> <li>• Over several hours or days</li> </ul>

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Page 1 of 2, Hyperglycemia Emergency Care Plan

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Page 1 of 2, Hypoglycemia Emergency Care Plan

## Hypoglycemia Emergency Care Plan (For Low Blood Glucose)

Student's Name: \_\_\_\_\_  
 Grade/Teacher: \_\_\_\_\_  
 Date of Plan: \_\_\_\_\_

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### Emergency contact information

**Parent 1/Guardian:** \_\_\_\_\_  
 Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
 Work Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

**Parent 2/Guardian:** \_\_\_\_\_  
 Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
 Work Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

**Health Care Provider:** \_\_\_\_\_  
 Phone Number: \_\_\_\_\_

**School Nurse:** \_\_\_\_\_  
 Contact Number(s): \_\_\_\_\_

**Trained Diabetes Personnel:** \_\_\_\_\_  
 Contact Number(s): \_\_\_\_\_


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The student should never be left alone, or sent anywhere alone or with another student, when experiencing hypoglycemia.

Causes of Hypoglycemia	Onset of Hypoglycemia
<ul style="list-style-type: none"> <li>• Too much insulin</li> <li>• Missing or delaying meals or snacks</li> <li>• Not eating enough food (carbohydrate)</li> <li>• Getting extra exercise or unplanned physical activity</li> <li>• Being ill, particularly with gastrointestinal illness</li> </ul>	<ul style="list-style-type: none"> <li>• Sudden—symptoms may progress rapidly</li> </ul>

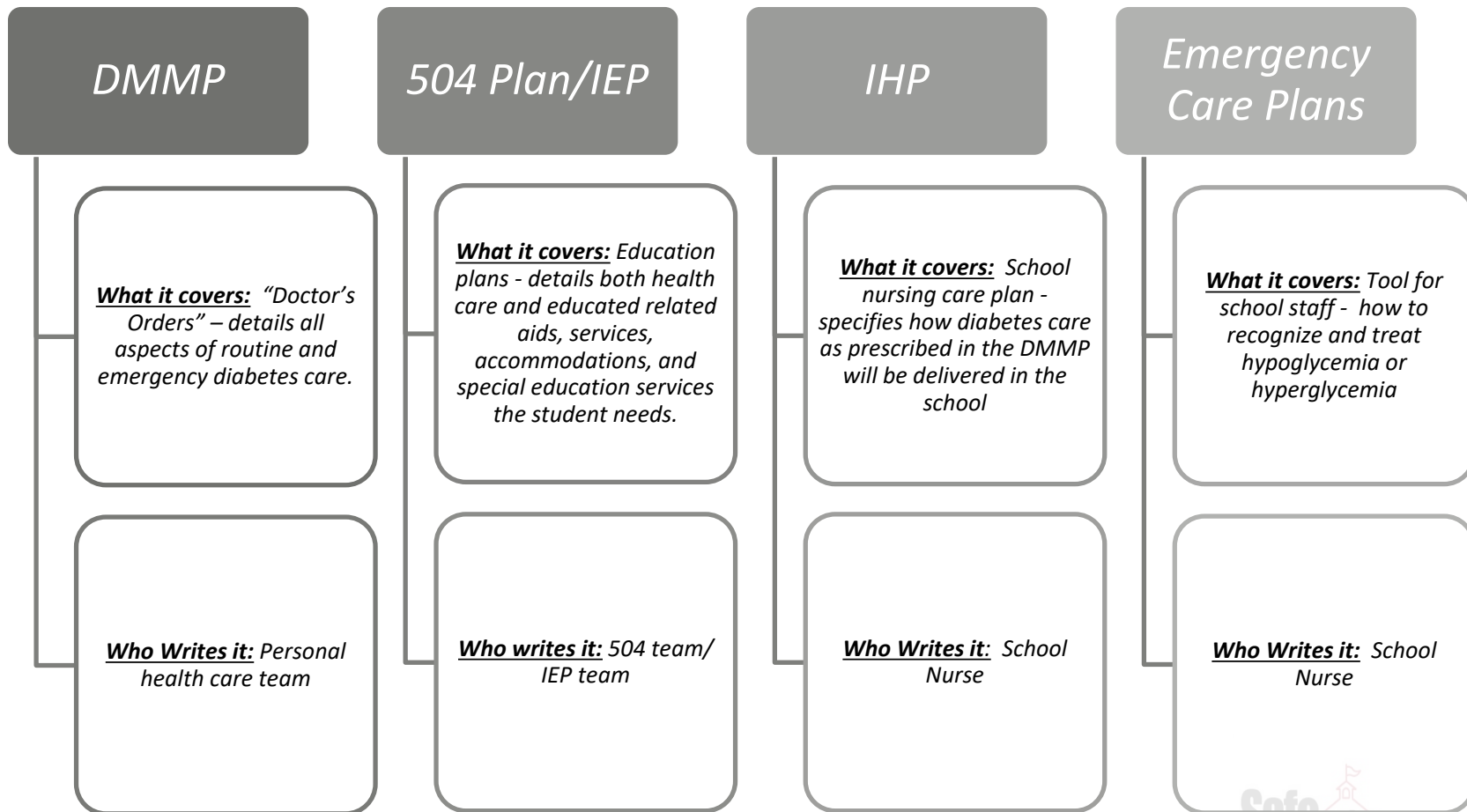
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# WRITTEN PLANS FOR DIABETES MANAGEMENT



# Module 2 Pre – and Post – Tests:

## DIABETES MEDICAL MANAGEMENT PLAN (DMMP)

*This tool may be freely duplicated and distributed for training purposes*

1. **The DMMP should be implemented collaboratively by:**

- a. *School nurse*
- b. *Teachers and/or other school staff*
- c. *Parent/student*
- d. *All of the above.*

2. **Which of the following actions is not usually contained in the DMMP?**

- a. *Frequency of blood glucose monitoring*
- b. *Insulin dosing and frequency*
- c. *Treatment of low and high blood glucose*
- d. *Test taking at alternate times if blood glucose level is outside target range*

3. **The Section 504 Plan should be based upon and implemented in accordance with the DMMP.**

- 3. *True*
- 4. *False*

4. **The Section 504 contains insulin dosage information.**

- 4. *True*
- 5. *False*

5. **Which of the following are the types of written plans a student with diabetes might have?**

- 5. *Section 504 Plan*
- 6. *Diabetes Medical Management Plan*
- 7. *Individualized Healthcare Plan*
- 8. *Emergency/Disaster Plan*
- 9. *All of the above*

# WHERE TO GET MORE INFORMATION

**American Diabetes Association**

1-800- DIABETES

[www.diabetes.org/safeatschool](http://www.diabetes.org/safeatschool)