

Diabetes Management

- Have student's diabetic care plan available to reference when treating high/low blood sugar (note activity restrictions for low AND high blood sugar)
- Have students check sugars in class before PE or if feeling low. **Some kids will just eat a snack before PE without checking blood, and that's fine too.**
- Keep snacks in class so student can have them if low (I like them to be above 120 before PE and above 80 in class).
- If student is under 70, teacher to send student to office with a buddy so they can be monitored more closely, otherwise have student eat snack in class.
- If between 60 and 80, give 15 Carb **sugary snack**; like a fruit snack, 10 jelly beans, air head etc. (nothing with fat or protein because that will slow the absorption of the sugar into their bloodstream)
- If under 60 give **sugary drink** like a juice box, Capri sun or ½ Can of regular soda
- Wait 15 minutes in office before rechecking sugar
- If sugar is still under 80, give another 15 Carb **sugary snack** and wait 15 minutes to recheck blood sugar (repeat this until blood sugar is above 80)
- Once their sugar is above 80 (but no higher than 100), if they won't be eating a meal within an hour, give protein/carb snack like trail mix, granola bar or milk so that their sugar will stay up. Notify parent of low blood sugar and treatment.
- If student is 65-80 at lunchtime, just give 15 Carb **sugary snack** and give regular dose of insulin for lunch (unless otherwise specified on care plan)
- If student is under 65, give **sugary snack** and call parent for instruction on insulin adjustment for lunch
- If you **EVER** have questions about amount of insulin for lunch or correction, call parent
- **Sometimes a diabetic student will feel their sugar dropping, but when they check they are in the 80's or 90's. I still give them 15 Carb sugary snack to prevent low's because in my experience that kid will be back up in the office within 15 minutes with a blood sugar under 70**
- We can only correct high blood sugar at mealtime. This is included in the care plan/MD orders
- Dose with insulin for classroom treats- per care plan carb/insulin ratio
- If a student is low, I make sure they are above 80 before letting them walk home or ride bus home and notify parent
- One 15 carb snack is usually considered "free" meaning no insulin is required