



Health Services

Diabetes Emergency Care Plan

Diabetes mellitus is a metabolic disorder characterized by hyperglycemia (high blood sugar). The treatment for diabetes is a combination of insulin therapy, exercise, and regulation of diet. The most urgent situation for which the school must be prepared is hypoglycemia (low blood sugar). **Hypoglycemia** is most likely to occur in a person taking insulin after physical education or before a meal.

If You See This	Do This
<p><u>Early signs of Hypoglycemia:</u> Hunger, paleness, sweating, “jitters”, headache, weak, cold, clammy, fatigue, or mood changes (*crabbiness), spacey and quiet.</p> <p>*CHECK BLOOD SUGAR UNLESS CHILD IS UNRESPONSIVE.</p> <p>* Diabetes Medical Management Plan (DMMP)</p>	<p>Stay with student, keep student calm/quiet</p> <p><u>Steps to take during an diabetic episode: For alert student</u></p> <ol style="list-style-type: none"> 1. Send for School Nurse or escort student to clinic. 2. Have student test glucose or test glucose if trained. 3. If below target glucose in DMMP (usually 80), give the student concentrated sugar immediately. Give 15 grams of fast-acting glucose like: glucose tablets, glucose gel, fruit juice or regular soda (4 ounces), sugar dissolved in a small amount of water. 4. Retest in 10-15minutes. Over target blood glucose Stop treating, follow treatment with an extra snack per medical provider’s orders Below target blood glucose repeat step 3. 5. If no improvement, Nurse /Administration will notify Parent/Guardian
<p><u>Signs of Advanced Hypoglycemia:</u> Disorientation, dizziness, uncooperativeness (even combativeness), seizures, and unresponsive/unconsciousness.</p> <p>*If unresponsive/unconscious, or seizing presume the student is having low blood glucose and CALL 911 immediately.</p> <p>*<u>Send for School Nurse</u></p> <p>*If student is unresponsive (breathing or pulse absent) initiate CPR.</p>	<p>Do This</p> <ol style="list-style-type: none"> 1. Turn student on their side and administer I.M. Glucagon, if prescribed and trained. Student should remain in this recovery position until fully awake. *If glucagon is administered student may vomit. 2. Glucose gel tube can be administered inside cheek and massaged from outside while waiting or during administration of glucagon. Glucagon/Glucose gel could be used if student has documented low blood sugar and is vomiting or unable to swallow. *Be alert for choking 3. When the student regains consciousness, feed them a high sugar liquid (sugar dissolve in water, honey and water, 4-6 ounces fruit juice, 6 ounces regular soda). Have student take small sips as they may be nauseated and vomit. 4. Once a student can safely swallow clear liquids without vomiting provide a longer-acting source of sugar (carbohydrate with protein). 5. Monitor student for another episode of hypoglycemia 6. Nurse /Administration will notify Parent/Guardian

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If You See This	Do This
<p>Signs of Hyperglycemia Decreased alertness, deep, rapid breathing, dry skin and mouth, flushed face, frequent urination, fruity smelling breath, headache, muscle stiffness or aches, nausea/vomiting, stomach pain</p> <p>*Diabetic Ketoacidosis is a life-threatening condition that affects people with diabetes</p>	<p>Stay with student, keep student quiet</p> <ol style="list-style-type: none"> 1. Send for School Nurse and state student's name. 2. Follow student's diabetic management plan 3. Let student test for ketones 4. Help interpret ketone results if indicated. 5. Encourage water and moderate exercise. ONLY if ketones are negative. 6. Call 911 if ketones are in large range with positive results, student is without insulin and Parent/Guardians are unable to reach 7. Notify Administration 8. Nurse /Administration will notify Parent/Guardian

An **Emergency Care Plan (ECP)** is a plan that gives specific steps for school staff to take when a student has a medical emergency. The plan contains a short definition of the condition, signs and symptoms of the health condition that are emergent and a written step-by-step instruction that outlines what school staff should do for that emergency. Skyward provides information regarding the student's medical condition and parental/guardian's contact information. Health Conditions and ECPs are to remain confidential. Please keep in a secure location and not out in the open.

- We ask that teachers familiarize themselves with the ECPs that are applicable to students' health condition/s in their class. Ask privately:
 1. If the student uses emergency medication/s
 2. If the student keeps emergency medication/s with them
 3. If the student keeps emergency medication/s in the schools' clinic
- Fill out the Student Health Condition List. Print out as many as needed or one per class period.
- Leave the Student Health Condition List and ECPs pertinent to current health conditions in the substitute teacher folders in a secure location
- Ask the school nurse to meet in order to answer any questions on student's health condition or to provide training on emergency medication/s