

## DIABETES INDIVIDUALIZED HEALTH CARE PLAN

STUDENT: \_\_\_\_\_ DOB: \_\_\_\_\_ CAMPUS: \_\_\_\_\_

CAR RIDER     BUS RIDER, BUS # \_\_\_\_\_ TEACHER/TEAM: \_\_\_\_\_ GRADE: \_\_\_\_\_

EDUCATIONAL PLACEMENT: \_\_\_\_\_ DATE: \_\_\_\_\_

PHYSICIAN: \_\_\_\_\_ NUMBER: \_\_\_\_\_ FAX: \_\_\_\_\_

Type of Diabetes:     Type 1     Type 2     Other    Type of Insulin at School: \_\_\_\_\_

Insulin Delivery Device:     Vial and syringe     Insulin Pen     Insulin Pump     No insulin

### PARENT/GUARDIAN/EMERGENCY CONTACT INFORMATION:

\_\_\_\_\_  
NAME/RELATIONSHIP

\_\_\_\_\_  
NUMBER(S) WHERE CAN BE REACHED

\_\_\_\_\_  
NAME/RELATIONSHIP

\_\_\_\_\_  
NUMBER(S) WHERE CAN BE REACHED

\_\_\_\_\_  
NAME/RELATIONSHIP

\_\_\_\_\_  
NUMBER(S) WHERE CAN BE REACHED

**GOAL:** STUDENT MAINTAINS OPTIMAL LEVEL OF HEALTH

### GENERAL OVERVIEW OF CONDITION

Diabetes is a condition that causes the pancreas to produce insufficient amounts of insulin, which affects the body's metabolism of fats, proteins, and carbohydrates. All staff who work with this student has received training about diabetes, including the symptoms and treatment for hypoglycemia and hyperglycemia.

### DAILY CARE

**GENERAL:** Written instructions for administering this student's care plan will be located in the clinic and with each classroom teacher. A one page information sheet will also be provided to district employees who are responsible for transporting or supervising a student with diabetes during off-campus activities. The classroom teacher shall include information about this plan in the substitute folder to ensure substitute teachers are aware of the instructions in the event of the regular teacher's absence. Diabetic students will be permitted to use the restroom as needed and keep a water bottle with them at all times. If a water bottle is unavailable, this student should be permitted unlimited use of water fountain. If student is experiencing symptoms of hypoglycemia/hyperglycemia, the student will be escorted to the clinic for assessment.

Supplies for this student will be provided by the parent and kept in the following locations. It is important that these supplies accompany the student on any field trips or off-campus school-sponsored activities.

### SUPPLIES PROVIDED BY PARENT TO BE KEPT IN THE CLINIC:

- Blood glucose testing supplies
  - Blood glucose meter    Brand/Model: \_\_\_\_\_
  - Blood glucose test strips
  - Lancets
  - Alcohol wipes
- Sources of carbohydrates (juice, non-diet soda, glucose gel/tablets, hard candies, prepackaged snacks, etc.)
- Ketone testing strips
- Urine cup (if needed for ketone testing)
- Insulin vial

- Insulin syringes
- Insulin pen
- Extra Pump supplies
  - Pump syringe
  - Pump tubing/needle
  - Batteries
  - Sof-Serter
  - Tape
- Glucagon
- Other: \_\_\_\_\_

Extra carbohydrates/snacks supplied by parent will be kept:

- In student's backpack
- In classroom(s)
- In field house
- In band hall
- In student's locker
- On school bus
- Other: \_\_\_\_\_

Extra supplies will be kept:

- In student's backpack: \_\_\_\_\_
- In classroom: \_\_\_\_\_
- In field house: \_\_\_\_\_
- In band hall: \_\_\_\_\_
- On school bus: \_\_\_\_\_
- In student's locker: \_\_\_\_\_
- Other: \_\_\_\_\_

**In the event of an emergency, if school personnel do not have what they need to care for the child and a parent cannot be reached, call 911 and transport child to the emergency room.**

**TESTING PROCEDURES**

Where to record testing results:

Blood glucose testing and ketone results will be recorded on the blood sugar log located in the student's diabetes notebook. Provide copies of blood sugar log for parents/doctor upon request.

Student checks blood sugars:

- Independently WITHOUT supervision
- Checks own blood glucose WITH supervision
- Requires school nurse or trained diabetes personnel to check blood glucose

Where to check blood sugars:

- Clinic
- Field house
- Band hall
- School bus (if have meter on the bus)
- Classroom
- Other: \_\_\_\_\_

**If possible, student should be tested where they are at if hypoglycemic.**

When to check blood sugars:

- Before meals
- Before snacks
- Before PE/Athletics
- After PE/Athletics
- Can skip PE/Athletics check if less than one hour has elapsed between last meal and start of PE/Athletics
- If the child complains of feeling ill at any time
- At end of school day if staying for after school activities
- Before boarding bus (10 to 20 minutes before boarding if possible)
- Continuous glucose monitoring Brand/Model: \_\_\_\_\_
  - Alarm set for \_\_\_\_\_ low \_\_\_\_\_ high
- Other: \_\_\_\_\_

Procedural Guidelines for Responding to Blood Glucose Test Results:

Refer to DMMP and Quick Reference Emergency Plan for Hypoglycemia/Hyperglycemia.

Ketone testing:

- Checks own ketones WITHOUT supervision
- Checks own ketones WITH supervision
- Student will urinate in cup and trained staff will check ketones
- Urine ketone testing
- Blood ketone testing
- When blood glucose level is above \_\_\_\_\_ mg/dL
- When student is feeling ill or vomiting

**MEDICATIONS**

Follow Diabetes Medical Management Plan (DMMP) for instructions on administration of all medications.

Type of insulin used:

- Type of insulin: \_\_\_\_\_
- Vial and syringe
- Insulin pen
- Insulin pump
- No insulin

Insulin administration:

- Administers insulin independently without supervision
- Self-administers insulin with supervision
- Requires school nurse or trained diabetes personnel to administer insulin

Glucagon:

- Physician prescribed Glucagon
- Parent provided Glucagon
- Parent elects not to provide Glucagon, other emergency measures have been discussed
  - (Notify physician in writing and document in 504 plan)
- No Glucagon at school-Call 911

Additional Information for students with insulin pump:

Brand/Model of pump: \_\_\_\_\_

- For suspected pump or infusion site failure, refer to DMMP and notify parent/guardian.
- May disconnect pump for sports activities

Student's self-care pump skills:

- Independently WITHOUT supervision
- WITH supervision
- Requires school nurse / trained diabetes personnel to perform pump tasks

**MEALS AND SNACKS**

Monitoring:

- This student does NOT need to be monitored to ensure all carbohydrates are ingested.
- This student DOES need to be monitored to ensure all carbohydrates are ingested.
- This student independently counts carbohydrates
- This student may count carbohydrates with supervision
- Requires school nurse / trained diabetes personnel to count carbohydrates

Snack times:

- Before PE/Athletics
- After PE/Athletics
- When feeling symptomatic
- Snack at end of school day if staying for after school activities
- Scheduled snack time: \_\_\_\_\_

In the event of classroom/school parties, food treats will be handled as follows:

- Student will eat the treat
- Replace the treat with a parent supplied alternative
- Put treat in baggie and send home with student accompanied by teacher note
- Modify the treat as follows: \_\_\_\_\_
- Do not eat the snack

**FIELD TRIPS, SCHOOL-RELATED ACTIVITIES, TRANSPORTATION**

Field Trips:

The school nurse must be notified at least 2 weeks before a field trip to plan for qualified personnel to provide procedures. If the parent/guardian is not accompanying the student, staff will bring all diabetic supplies / snacks / instructions on all trips. Staff will bring a cell phone if possible with all emergency contact information.

Scheduled after-school activities:

- The parent will notify the school nurse about any school-sponsored extra-curricular activities.
- Arrangements will be made to ensure that the student's diabetic/emergency supplies accompany the student to the event
- Quick Reference Emergency Plan for Hypoglycemia/Hyperglycemia will be provided for the assigned supervising sponsor.

In the event of bus transportation:

- Check blood sugar before boarding bus (10-20 mins before if possible). Refer to DMMP and Quick Reference Emergency Plan for Hypoglycemia/Hyperglycemia. Call parent to provide transportation home, if needed.
- Quick Reference Emergency Plan for Hypoglycemia/Hyperglycemia will be provided for the bus driver.
- Blood test not required

**MEDICALLY RELATED ACCOMODATIONS**

**This diabetic student will be allowed unlimited access to restroom and drinking water.**

This student should be allowed to carry a water bottle at all times.

This student should be allowed to go to the clinic if feeling symptomatic and should be accompanied for safety.

Meals and snacks can be eaten anywhere they are needed.

It will be necessary at times for this student to have a snack in the classroom at prescribed snack times, and during times of feeling symptomatic.

**TRAINING FOR SCHOOL PERSONNEL**

**Level I:** School campus employees receive annual education regarding diabetes. This includes general information, signs and symptoms of hyper/hypoglycemia, blood glucose testing, Universal Precautions, insulin, resources available when questions/problems arise, and emergency measures. Each employee will be provided a written copy of "A Guide to Diabetes in the School Setting" and it will be available on the school website.

**Level II:** School personnel who have responsibility for the student with diabetes throughout the day.

**Level III:** Principal designees for Unlicensed Diabetes Care Assistants (UDCAs):

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**EMERGENCY CONTACTS**

Clinic staff will leave the DMMP and IHP for review by substitute or UDCA for the care of the student in their absence.

	<b>Name</b>	<b>Phone</b>
Clinic assistant		
School nurse		
Administrator		

Copies of IHP provided for:

- Clinic staff
  - Food services
  - Transportation
  - 504 Coordinator
  - Administrator
  - Other
    - \_\_\_\_\_
- Teachers
    - \_\_\_\_\_
    - \_\_\_\_\_
    - \_\_\_\_\_
    - \_\_\_\_\_
    - \_\_\_\_\_
    - \_\_\_\_\_
    - \_\_\_\_\_
    - \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Nurse Signature

\_\_\_\_\_  
Date