

Diabetes Basics

A teacher's guide to type 1 diabetes

Type 1 Diabetes School Management Plan

Date of plan: _____ Date of review: _____

This plan should be completed by the student's personal health care team and parents/guardian and reviewed annually. It should be reviewed with relevant school staff and copies should be kept in a place that is easily accessed by school staff, school nurse, first aid officer and other authorised personnel.

Student's Name: _____

Date of Birth: _____ Date of diabetes diagnosis: _____

Grade: _____ Class teacher: _____

Parents/Guardians	Home Phone	Work Phone	Mob Phone
_____	_____	_____	_____
_____	_____	_____	_____
Health Professional	Organisation	Work Phone	Mob Phone
_____	_____	_____	_____
_____	_____	_____	_____
Other Contact	Home Phone	Work Phone	Mob Phone
_____	_____	_____	_____
_____	_____	_____	_____

Contact details:

School to contact the parents in the following situations

1. _____

2. _____

3. _____

4. _____

Insulin Regimen

- injection/s per day Time/s: Before breakfast
 Before lunch
 Before dinner
 Before bed
- insulin pump

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Blood Glucose Levels (BGL) & Monitoring

The target range for blood glucose is between ____ and ____ mmol/L

The usual times for blood glucose tests during school hours are:

before classes begin before recess before lunch after recess/lunch before going home

Other times when blood glucose tests may be required:

before exercise during exercise after exercise

when student exhibits symptoms of hyperglycemia

when student exhibits symptoms of hypoglycemia

when student is unwell

other _____

Can student perform own blood glucose tests? Yes No

Hypoglycaemia

Usual symptoms _____

Treatment for hypoglycaemia _____

Hyperglycaemia

Usual symptoms _____

Treatment for hyperglycaemia _____

Test for ketones in blood or urine when blood glucose level is greater than ____ mmol/L

Exercise and Sport

Exercise can result in hypoglycaemia so extra carbohydrate may be required before during or after exercise depending on the duration and intensity of the activity. Parents or guardian should supply the extra carbohydrate. Hypo treatment should always be available at the site of the activity.

Snack required before exercise? Yes No

Type of snack required _____

Snack required after exercise? Yes No

Type of snack required _____

Other comments _____

Student should not exercise if blood glucose level is below ____ mmol/L or above ____ mmol/L