

Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
Physician/Nurse Practitioner: \_\_\_\_\_

**Diabetes**  
**School Communication and Treatment Authorization Form**

**Diabetes Overview:** Type 1 diabetes is an autoimmune disease in which the insulin producing cells of the pancreas are destroyed. The daily regimen for managing Type 1 diabetes includes blood sugar monitoring, insulin injections and management of high and low blood sugars.

**Blood Glucose Monitoring**



**Blood Glucose Target Range:** \_\_\_\_\_ - \_\_\_\_\_ mg/dl



**Meter Type:** \_\_\_\_\_

- Blood Glucose Testing Times: \_\_\_\_\_  
(pre-meal or pre-exercise)
- PRN Blood Glucose Testing Symptom of Hypoglycemia/Hyperglycemia
- Permission to test independently (classroom).
- Student will need assistance with testing and blood glucose management.
- Student requires supervision of testing and blood glucose management.
- BG results communicated to parents: \_\_\_\_\_

**Diabetes Medication**

- No insulin at school**
- Current Regimen:  3 shots/day     2 shots/day     Pumper/Humalog/Novolog     Lantus/Humalog/Novolog
- Long-acting Insulin:  Lantus     NPH     Other: \_\_\_\_\_     Given at home     Give at school
- Dose: \_\_\_\_\_ Time: \_\_\_\_\_ PRN: \_\_\_\_\_
- Short-acting Insulin:  Given at home     Give at school
- Humalog/Novolog**     **Regular**     **Humalog/Novolog**  
Sliding Scale Insulin:    # units/carbohydrate choice: \_\_\_\_\_  
Correction scale: #units/\_\_\_\_\_ BG > \_\_\_\_\_  
BG \_\_\_\_\_ - \_\_\_\_\_ give \_\_\_\_\_ units insulin  
BG \_\_\_\_\_ - \_\_\_\_\_ give \_\_\_\_\_ units insulin  
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BG \_\_\_\_\_ - \_\_\_\_\_ give \_\_\_\_\_ units insulin  
Frequency: \_\_\_\_\_
- Parent may adjust insulin doses as needed.**
- Device Used:  Pen (recommend for school setting)     Syringe     Pump
- (Note: insulin pens expire 28 days after opening, NPH after 14 days, insulin vials 30 days after opening, unopened, refrigerated vials/cartridges may be used through manufacturer expiration dates.)



**My Meal Plan**

**15 Grams of carbohydrate = 1 carbohydrate choice**

Breakfast: time: \_\_\_\_\_ # carb choices = \_\_\_\_\_  
Morning Snack time: \_\_\_\_\_ # carb choices = \_\_\_\_\_  
Lunch time: \_\_\_\_\_ # carb choices = \_\_\_\_\_  
Afternoon Snack Time: \_\_\_\_\_ # carb choices = \_\_\_\_\_  
Plan for pre-activity snacks: \_\_\_\_\_  
Plan for after-school activities: \_\_\_\_\_

## Hypoglycemia

Blood Sugar less than \_\_\_\_\_ mg/dl

### **ACTION!**

- If able, check blood sugar
- **Immediately** treat with 15 gm of fast-acting carbohydrate ex: (4 oz. juice, 4 oz. REGULAR pop, 3-4 glucose tabs, 8 oz. skim milk.) – in classroom
- Recheck blood sugar in 15 minutes and repeat 15 gm of carbohydrate if blood sugar remains low.
- If more than 1 hour until next meal or snack student should have another 15 gm of carbohydrate.
- If the student will be participating in additional exercise or activity before the next meal provide an additional 15 grams carbohydrate choice.
- Alternative treatment options for hypoglycemia: \_\_\_\_\_

## Severe Hypoglycemia

### **ACTION!**

- If the child is unconscious or having seizures due to low blood sugar immediately administer injection of: **Glucagon** \_\_\_\_\_ mg (glucagon emergency kit)
- Immediately after administering the Glucagon, turn the child onto their side. Vomiting is a common side effect of Glucagon.
  - Notify parent and EMS per protocol

## Hyperglycemia

Blood Sugar greater than \_\_\_\_\_ mg/dl

- High blood sugars are generally not an emergency. If the student is feeling ill or has persistent high blood sugars urine ketones should be checked.
- If ketones are present encourage water and notify parent
- Do not exercise to lower blood sugars if ketones are present.
- If child is vomiting **immediately** notify parent.
- Ketostix at school for prn use.
- Unlimited bathroom pass.
- Notify parent immediately of blood sugar >** \_\_\_\_\_
- Use sliding scale as per order sheet

## Exercise

Exercise improves insulin sensitivity and the duration and intensity of exercise will influence blood glucose levels. To avoid hypoglycemia the student may need to eat an additional snack before exercising. If a child will be exercising for more than 30-45 minutes they may need an additional carbohydrate before exercising. Do not exercise if ketones are present.

**Communicate with phy-ed teachers and coaches' student symptoms of hypoglycemia and plan for treatment of symptoms.**

## Special Occasions

- Class parties: Notify parent of party ahead of time if possible so adjustments to meal plan can be made. If no alternative is available the child should be given the same food as everyone else.
- Arrange for appropriate monitoring and access to supplies for field trips.

Authorization for medications and diabetes procedures:

Date: \_\_\_\_\_

Authorized by: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Child Signature (if applicable): \_\_\_\_\_