

Clairton City School District

School Health Services

Diabetes

Diabetes

- Insulin, a pancreatic hormone, is normally released into the body to help the body to use glucose (or sugar) in the body's cells to create energy.
- In a person with diabetes, the body is not able to utilize the insulin or makes an insufficient amount.
- The result is too much sugar in the bloodstream.

Diabetes Management

The daily routine of a child with diabetes includes:

- Eating the right foods at the right times
 - Regular exercise
- One or more daily injections of insulin.
- The need to create balance between insulin intake, food intake and exercise

Diabetes Management

- Insulin is not always given at school.
- Students receive insulin in several ways:
 - Injections from a syringe
 - Injections from an insulin pen
 - Dose from an insulin pump
- You will be notified with special instructions if your student has an insulin pump

Diabetic Management

- Most students with diabetes will test their blood glucose level before lunch
- Target range is 70-180
- Individual diabetes management plan will be created for each student - faculty should consult with school nurse
- Teachers and special area faculty should be aware of warning signs - an emergency care plan will be available

When to Seek Help

LOW BLOOD SUGAR:

Sudden Onset

Staggering, poor coordination

Anger, bad temper, confused, disoriented

Pale

Sudden hunger

Sweating

Eventual stupor or unconsciousness

Causes: Failure to eat before exercise

Delayed or missed meals

Treatment: Provide sugar - CONSULT NURSE

When to Seek Help

HIGH BLOOD SUGAR:

Gradual Onset

Drowsiness, Extreme Thirst

Very frequent urination

Flushed skin, Heavy breathing

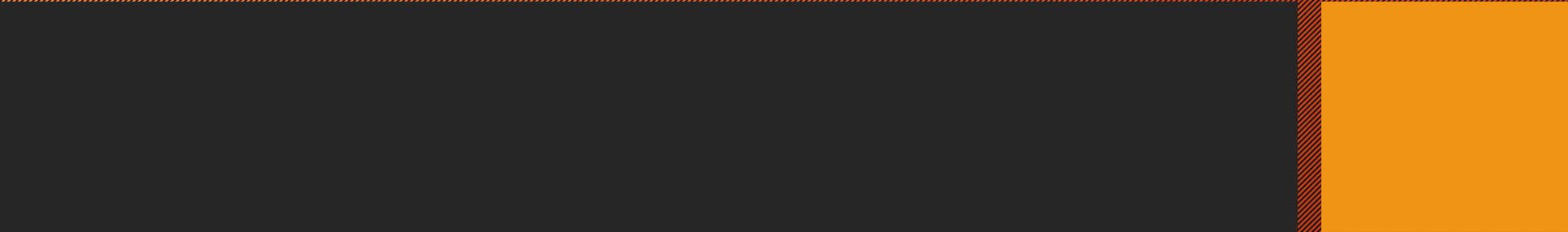
Vomiting, Fruity odor to breath

Causes: Undiagnosed diabetes
 Insulin not taken
 Stress, illness or injury
 Too much food or drink or both

Treatment: GET THE NURSE, CALL 911

Successful Diabetes Management

- Work with your student to follow his/her diabetes management plan
- Work to create balance between insulin intake, food intake and exercise
- Develop caring, trusting relationship with student
 - Avoid creating a stigma around the student's unique needs



For more information -
see your
school nurse!