

Individualized Diabetes Health Care Plan

What Is Diabetes?

Diabetes is a chronic medical condition where the pancreas in the body does not produce enough insulin or stops producing insulin. Without insulin the sugar in the blood cannot be used and it builds up in the bloodstream. Dietary regimen and medication are used to regulate the blood sugar. It is important to know that students with diabetes should be allowed to use the restroom often, use the drinking fountain as needed, check blood sugar when they feel it needs checked, and allowed to eat snacks and all of their lunch.

Hypoglycemia (Low Blood Sugar)

Hypoglycemia occurs when the blood sugar goes too low. It can be caused by taking too much insulin, not eating enough food, or by hard exercise without eating extra food.

Hypoglycemia Signs and Symptoms

- | | | |
|-------------------|--------------------|--------------------|
| - shakiness | - pale appearance | - hunger |
| - sweating | - unresponsiveness | - fatigue |
| - headache | - blank stare | - blurred vision |
| - dizziness | - seizures | - rapid pulse rate |
| - cold and clammy | - confusion | - weakness |

What to Do for Hypoglycemia

1. Have the student check his/her blood sugar (if able) with the glucose monitor if the student can.
2. Provide sugar immediately. (Give the student ½ cup fruit juice, ½ a can of non-diet soda, ½ cup of milk, 1-2 Tablespoons of honey, 5-6 lifesavers, or 2-4 glucose tabs). If the student is unable to drink or chew then a ½ tube of cake icing can be placed in between the cheeks.
3. Check the blood sugar again in 20-30 minutes. If below 80 give more sugar. If above 80 move on to step 4.
4. Provide the student with an additional snack. (Give the student a ½ sandwich or crackers with cheese or peanut butter).

Hyperglycemia (High Blood Sugar)

Hyperglycemia occurs when the blood sugar goes too high. It can be caused by too little insulin, too little physical activity, illness, or too much food.

Hyperglycemia Signs and Symptoms

- | | | |
|-------------------------|-------------------|-----------------------------|
| - increased thirst | - weakness | - frequent urination |
| - fatigue | - blurred vision | - loss of appetite |
| - fruity odor to breath | - rapid breathing | - inattentiveness/confusion |

What to Do for Hyperglycemia

- 1.) Have the student check his/her blood sugar (if able) with the glucose monitor.
- 2.) Give lots of sugar free liquids. (Water and diet pop).
- 3.) If blood sugar is above____, call the parents.

Call 911 if:

- 1.) The student has labored breathing.
- 2.) The student is vomiting.
- 3.) The student has a fruity odor to the breath.
- 4.) The student is unresponsive.
- 5.) The student has a seizure.
- 6.) The student does not respond to cake icing or glucose gel.

Student's Name: _____ **Grade:** _____ **D.O.B:** _____

The student usually has these signs and symptoms when sugar is low or high:

| |
|---|
| Low blood sugar: High blood sugar: |
|---|

The student responds best to these foods and drinks to raise blood sugar:

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|--|
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|--|

Medications

Oral medications. Please list: _____

Insulin. Please list: _____

Other. Please list: _____

Parent suggestions for diabetes management:

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