

ALEXANDRIA CITY PUBLIC SCHOOLS
Health Information for Staff - DIABETES MELLITUS

Your student has an alert on PowerSchool for **DIABETES**. This is a health condition of which you should be aware. The description of this problem and emergency care are stated below. Please make sure that this information is available to substitute teachers and other grade level teachers who may be supervising or working with this student. This information is confidential and should only be shared on a “need to know” basis.

Description of Condition: <p style="text-align:center">DIABETES MELLITUS</p>
What do I look for: SIGNS AND SYMPTOMS OF HYPO OR HYPERGLYCEMIA See the general guidance below.
What do I do? <ol style="list-style-type: none">1. Contact your school nurse for specifics about your student.2. Observe for signs and symptoms for hypo or hyperglycemia.3. Determine if the student is allowed to self-carry and self-treat their diabetes. If so, allow the student to complete blood glucose testing, inject insulin, eat snacks, or drink water in the classroom. If the student must be supervised, send the student to the school nurse (RN) or designated trained staff (DTS) accompanied by a teacher or responsible student. OR4. Notify the RN or DTS (if RN is unavailable) immediately, if student is unable to walk to health clinic.5. Follow the general guidance below.6. REMEMBER: There are special considerations for the student with diabetes when preparing for a field trip or special activity. A designated trained staff member must accompany student to provide care. A parent should never be required to accompany the student.

GENERAL GUIDANCE FOR HYPOGLYCEMIA

(Low Blood Sugar)

Never send a child with suspected low blood sugar anywhere alone

Causes of Hypoglycemia:		Onset
<ul style="list-style-type: none"> • Too much insulin • Missed food • Delayed food • Too much exercise • Unscheduled exercise 		<ul style="list-style-type: none"> • Sudden
Possible Symptoms		
Mild <ul style="list-style-type: none"> • Hunger • Shakiness • Weakness • Paleness • Anxiety • Irritability • Dizziness • Sweating • Drowsiness • Personality Change • Inability to concentrate 	Moderate <ul style="list-style-type: none"> • Headache • Behavior change • Poor coordination • Burry vision • Weakness • Slurred Speech • Confusion 	Severe <ul style="list-style-type: none"> • Loss of Consciousness • Seizures • Inability to swallow
Actions Needed Notify School Nurse or Trained Designated Staff. If possible, check blood sugar. Follow treatment in Diabetic Medical Management Plan (DMMP). When in doubt, always TREAT FOR HYPOGLYCEMIA.		
TREATMENT		
Mild Provide quick-sugar source: 3-4 glucose tablets Or 4 oz. of juice Or 6 oz. of regular soda Or 3 teaspoons of glucose gel Wait 10 -15 minutes and recheck blood sugar. Repeat food, if symptoms persist, or blood glucose is less than MD order in DMMP. Follow with snack of carbohydrate and protein (E.g. cheese and crackers).	Moderate Follow guidance for mild hypoglycemia Assist child as needed Ensure student is capable of swallowing	Severe Do not attempt to give anything by mouth. Position on side if possible. Contact RN or DTS Administer Glucagon as prescribed in DMMP. Call 911. RN, DTS or Admin will contact parent or guardian. Stay with the student. If student has a seizure, do not put anything in the mouth. Note time the seizure started. Protect student from harm.

**GENERAL GUIDANCE FOR HYPERGLYCEMIA
(High Blood Sugar)**

<p align="center">Causes of Hyperglycemia</p> <ul style="list-style-type: none"> • Too much food • Too little insulin • Decreased activity • Illness • Infection • Stress 	<p align="center">Onset</p> <p>Over time – several hours of days</p>	
<p align="center">Possible Symptoms</p>		
<p align="center">Mild</p> <ul style="list-style-type: none"> • Thirst • Frequent urination • Fatigue/sleepiness • Increased hunger • Blurred vision • Stomach pains • Flushing skin • Lack of concentration • Sweet, fruity breath 	<p align="center">Moderate</p> <ul style="list-style-type: none"> • Mild symptoms plus: • Dry mouth • Nausea • Stomach cramps • Vomiting 	<p align="center">Severe</p> <ul style="list-style-type: none"> • Mild and moderate symptoms, plus: • Labored breathing • Very weak • Confused • Unconscious
<p align="center">Actions Needed:</p> <ul style="list-style-type: none"> • Allow free use of the bathroom • Encourage student to drink water or sugar –free drinks • Contact the school nurse or designated trained staff, if RN is unavailable • Check blood sugar and administer insulin per DMMP • Call 911 if student is unconscious. 		