



## Diabetic Agreement for Parents/Legal Guardians, Students, and the District

Diabetes management in the school is a collective effort between the parents, the nurses and school staff, and most importantly the student. What happens in the home will affect what happens at school and vice versa. Communication amongst all is key to creating a safe and well-managed environment for your child.

While your child attends school, their management will include:

- Nursing guidance for diabetic management throughout the school day.
- Communication with your child's diabetic management team to clarify orders as needed.
- An Emergency Care Plan (ECP), Individualized Health Plan (IHP) and/or 504.
- Resources for locating nutritional content from school menu selections.

In order to provide the best care for your child, we need **current** doctor's orders as well as the following supplies

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|---|--|
| <input type="checkbox"/> Glucometer in working condition          | <input type="checkbox"/> Glucagon medication   |
| <input type="checkbox"/> Back-up batteries                        | <input type="checkbox"/> Daily log book (optional)   |
| <input type="checkbox"/> Test strips                              | <input type="checkbox"/> Diabetes alert identification for student to wear   |
| <input type="checkbox"/> Lancets                                  | <input type="checkbox"/> Parent/Legal Guardian contact information (home, cell, work numbers), two emergency contacts, and hospital/clinic information |
| <input type="checkbox"/> Ketone Strips (urine or blood)           |  |
| <input type="checkbox"/> Extra pump infusion set                  |  |
| <input type="checkbox"/> Insulin Pen                              |  |
| <input type="checkbox"/> Back up Insulin vials and syringes       |  |
| <input type="checkbox"/> Fast acting sugar source (snacks, juice) |  |
| <input type="checkbox"/> Carb free snack                          |  |

- If these supplies are not on hand, the School District may request that you pick up your child and take them home for safe and appropriate management, or that the parent/legal guardian brings the supplies in immediately.
- It is the responsibility of the parent/legal guardian and/or student to change pump tubing or refill pump insulin.

### Parent will be called or contacted in the following circumstances:

- If ketones are present (per doctor orders)
- When supplies are low
- When medications are near expiration
- For hypoglycemia or hyperglycemia, the nurse will call the parent/legal guardian per doctor's orders

### Student may be sent home due to health and safety reasons when:

- Necessary supplies and/or insulin are not at school and parent/legal guardian is unable to bring them immediately



- If your child's blood sugar is unmanageable or unsafe as determined by the Licensed School Nurse (LSN), they will be called for pick up. Arrangements should be available for your student to be picked up from school, if necessary, if determined that their current diabetic state is unsafe and unmanageable for the school or bus setting.
  - Parents should provide one or more phone contracts where they can be reached during the school day and are expected to immediately return phone calls related to the management of their child's diabetes.
  - If the parent/legal guardian does not call back, the nurse will start calling down the emergency contact list.
  - If there is no answer from any contact person, or as deemed appropriate by the LSN, 911 may be called.

Exercise improves insulin sensitivity, and the duration and intensity of exercise will influence blood glucose levels. If a child will be exercising for 30-60 minutes, to avoid hypoglycemia, the student may need to eat an additional carbohydrate snack (approx. 15 grams) before exercising, without insulin coverage.

- Students may not be allowed to participate in physical education class or after school activities per their physician orders for ketone levels.
- Due to fluctuating recess, gym class, and lunch times, the nurse will decide if additional glucose monitoring will take place.

Carbohydrate counting for home and school lunches will, in most cases, be the responsibility of the student and parent/legal guardian. Special considerations or accommodations for tracking carbohydrates may be made due to the student's age or other limitations or disability. Menus and nutritional information are listed on the district website. Parents are responsible for checking for updates.

In order for a student to be allowed to self-manage their diabetes at school, the endocrinologist/physician, parent/legal guardian, student, and LSN must all agree and sign off on the plan.

- Self-Management orders vary in levels of student independence. The plan will be discussed directly with the student, parent/legal guardian, and LSN to clarify boundaries.
- The health office nurse will be checking in with the student and parent/legal guardian periodically throughout the school year.
- If the LSN determines at any time that a student's self-management agreement is no longer safe, it may be discontinued. This will be communicated to the parent/legal guardian. A self-management agreement can be reinstated per the LSN and/or the student's physician's assessment.

**Field trips occur on occasion throughout the school year.**

- If the parent/legal guardian is willing, they may (be permitted to) attend the field trip.
- If a parent does not attend the field trip, the school will provide a diabetic trained staff member to accompany the student.



- With doctors, parent/legal guardian, and LSN approval the student can have authorization to self-manage their diabetes while on field trips.
- 911 would be called for emergencies during field trips.

**If your child rides the bus:**

- If necessary, the student’s blood glucose should be checked prior to getting on the bus.
- Any glucose reading that falls below the goal range will require hypoglycemic treatment in the health office.
- The parent will be notified of below-goal glucose readings if their child is not safe to take the bus home.
- Diabetic students will be allowed to have a drink or snack on the bus.

The nurse is responsible for individual nursing practice and determines the appropriate delegation of tasks consistent with the nurse’s obligation to provide appropriate care.

- The school nurse must have signed doctor’s orders and parent/legal guardian authorization in place before management at school can begin.
- A new order must be provided at the start of each school year and at any time updates occur.
- Per the signed doctor’s order, the parent/legal guardian can adjust insulin doses if needed. Parent/legal guardian authorization is limited to insulin dose adjustments as stated on the order. This does not override the doctor’s orders for other aspects of diabetic management.
- Appropriate times for checking blood glucose levels include before taking a test, before meals, when having symptoms of hypoglycemia and hyperglycemia, per MD orders, and at the nurse’s discretion.
- For standard safety guidelines, the student will always round down on insulin doses unless the doctor’s order states to do otherwise.
- The nurses follow orders as well as their nursing judgment and will be permitted to contact the MD or diabetic educator with questions regarding diabetic management.
- For insulin pens and syringes, doctor’s orders usually specify not to re-dose with insulin within 3 hours of the last correction dose. We will adhere to this standard unless otherwise stated in physician orders.

- The Parents are aware that failure to supply a child under their care with necessary medicine, medical supplies and/or care can constitute child maltreatment and may result in a mandated report to the proper authorities.
- I understand that these are the expectations for management of my child while in school.

Parent/Legal Guardian (or student if 18 or older) signature	Print Name	Date
Health Office Staff signature	Print Name	Date