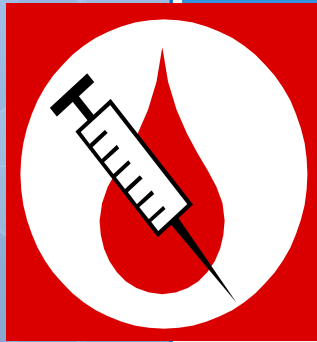
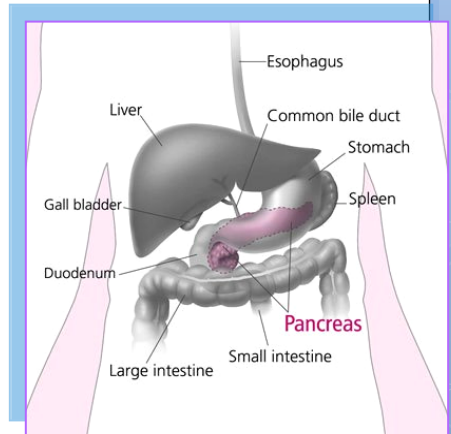


DIABETES



What Is Diabetes?

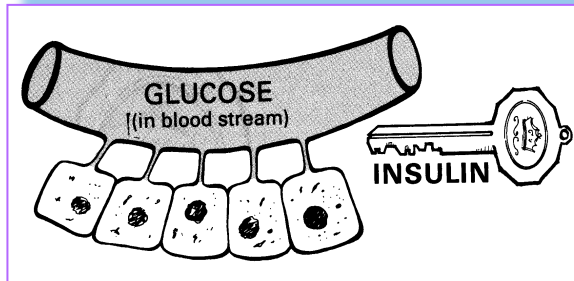
- ❖ A disorder of the pancreas
 - The pancreas stops making insulin, an essential hormone in the body.
- ❖ Insulin is the key that allows glucose to enter the cells.
- ❖ Glucose is used by every cell in the body for energy



INSULIN



- Without insulin, glucose cannot enter the cell. Glucose stays in the bloodstream, creating high levels of blood sugar.



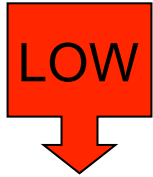
Diabetes is:



- ❖ **NOT** contagious
- ❖ **NOT** caused by eating too much sugar

- ❖ Is caused by the body's inability to make insulin
- ❖ Results in high blood sugar levels
- ❖ Can be treated only with a combination of insulin, diet and exercise

LOW



Hypoglycemia

(Low Blood Sugar)

❑ Most likely to occur:

- ❑ When meals or snacks are missed or delayed
- ❑ When strenuous activity occurs just before lunch
- ❑ During a lengthy field trip or field day activity.



LOW

SYMPTOMS OF LOW BLOOD SUGAR

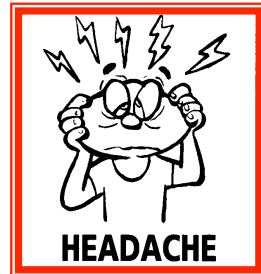
◦ Weakness or tiredness



◦ Shaking



◦ Headache



◦ Anxious, Pale

LOW

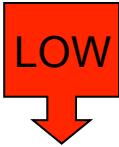
Student's with Hypoglycemia will:

- ❖ Have a blood sugar level below 80mg
- ❖ Need treatment depending on type of reaction.

Three levels of reactions:

1. Conscious and able to swallow
2. Conscious but uncooperative or disoriented
3. Unconscious or having a seizure





Treatment of Hypoglycemia

1. Conscious and able to swallow:

- Glucose tablets--start with 2
- Juice
- Regular soda pop (not diet)
- Milk



- Symptoms should improve within 15-20 minutes. If not, repeat.
- If longer than 1 hour until next meal or snack, give small snack containing protein (cheese crackers or milk)



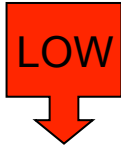
LOW

Treatment of Hypoglycemia

2. Conscious, but uncooperative, or disoriented

- Give glucose gel, tube of clear frosting or packet of honey
- Lay student on side and squeeze into pocket of the cheek





Treatment of Hypoglycemia

3. Unconscious or having a seizure

- Call 911 immediately
- Give nothing by mouth
- Notify parents





Hyperglycemia

- May occur if student:
 - Is becoming ill
 - Eats too much
 - Misses insulin dose
 - Is under a lot of stress





Symptoms of Hyperglycemia

- Extreme thirst
- Frequent urination
- Dry skin
- Hunger
- Drowsiness
- Nausea
- Blurred vision





Treatment of Hyperglycemia



- Test blood sugar
- Check Health Care Plan.
- Notify parents if over doctor ordered
- Exercise
- Drink water
- Insulin





HEALTH CARE PLAN

- ✓ Be familiar with specific emergency plan for each diabetic student
- ✓ Contact school nurse with questions
- ✓ Know where student's supplies and snacks are stored
- ✓ Have easy access to emergency contact phone numbers
- ✓ Notify substitute teacher of location of health care plan

Hints for Success



- ✓ Develop good relationship with parents/guardians; they know your student's health concerns well.
- ✓ Follow accommodations as listed in the health care plan.
- ✓ Notify family early of field trip plans.
- ✓ Notify family of special events that may involve classroom treats or changes in the school lunch schedule.
- ✓ Don't hesitate to ask questions about care.