



Student

Photo

# Diabetes Health Care Plan for Insulin Administration via Syringe or Pen

School: \_\_\_\_\_

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

Name: \_\_\_\_\_ Grade/ Homeroom: \_\_\_\_\_ Teacher: \_\_\_\_\_

Transportation:  Bus  Car  Van  Type 1  Type 2

Parent/ Guardian Contact: Call in order of preference

Name	Telephone Number	Relationship
------	------------------	--------------

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Prescriber Name \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

Blood Glucose Monitoring: Meter Location \_\_\_\_\_ Student permitted to carry meter and check in classroom  Yes  No

BG= Blood Glucose SG= Sensor Glucose

Testing Time  Before Breakfast/Lunch  1-2 hours after lunch  Before/after snack  Before/after exercise  Before recess  
 Before bus ride/walking home  Always check when student is feeling high, low and during illness  Other \_\_\_\_\_

Snacks:  Please allow a \_\_\_\_\_ gram snack at \_\_\_\_\_  before/after exercise, if needed.

Snacks are provided by parent /guardian and are located in \_\_\_\_\_

## Treatment for Hypoglycemia/Low Blood Sugar

If student is showing signs of hypoglycemia or if BG/SG is below \_\_\_\_\_ mg/dl

Treat with \_\_\_\_\_ grams of quick-acting glucose:

\_\_\_\_\_ oz juice or  \_\_\_\_\_ glucose tablets or  Glucose Gel or  Other \_\_\_\_\_

Retest blood sugar every 15 minutes, repeat treatment until blood sugar level is above target \_\_\_\_\_ mg/dl

If no meal or snack within the hour give a 15-gram snack

If student unconscious or having a seizure (severe hypoglycemia): Call 911 and then parents

Give Glucagon: Amount of Glucagon to be administered: \_\_\_\_\_ (0.5 or 1 mg) IM, SC **OR**  Baqsimi 3 mg intranasally

Notify parent/guardian for blood sugar below \_\_\_\_\_ mg/dl

## Treatment for Hyperglycemia /High Blood Sugar

If student showing signs of high blood sugar or if blood sugar is above \_\_\_\_\_ mg/dl

Allow free access to water and bathroom

Check ketones for blood sugar over 250 mg/dl, Notify parent/guardian if ketones are moderate to large

Notify parent/guardian for blood sugar over \_\_\_\_\_ mg/dl

Student does not have to be sent home for trace/small urine ketones

See insulin correction scale (next page)

Call 911 and parent/guardian for hyperglycemia emergency. Symptoms may include nausea & vomiting, heavy breathing, severe abdominal pain, chest pain, increased sleepiness or lethargy, or loss of consciousness.

**Signs of Low Blood Sugar**  
 personality change, feels funny, irritability, inattentiveness, tingling sensations headache, hunger, clammy skin, dizziness, drowsiness, slurred speech, seeing double, pale face, shallow fast breathing, fainting

**Document all blood sugars and treatment**

