

Managing Diabetes in the School Setting

Alabama State Department of Education

Alabama Board of Nursing

Diabetes Mellitus: **Type I Diabetes**

- Pancreas does not make enough insulin (a hormone secreted by the pancreas)
- If the body has too little or no insulin then glucose cannot enter the cells of the body to be used for energy

Diabetes Mellitus: **Type I Diabetes**

- **Symptoms include:**
 - ❖ Fatigue
 - ❖ Increased thirst
 - ❖ Frequent urination

Diabetes Mellitus: **Type I Diabetes**

➤ **Treatment includes:**

- ❖ Blood glucose monitoring
- ❖ Administration of long and/or rapid-acting insulin
- ❖ Diet, exercise and rest

Diabetes Mellitus: **Type II Diabetes**

Insulin resistance

- ❖ Decreased ability of insulin (a hormone secreted by the pancreas) to move glucose (blood sugar) from our bloodstream into our cells.

Diabetes Mellitus: **Type II Diabetes**

➤ Treatment includes:

- ❖ Blood glucose monitoring
- ❖ Diet management and exercise
- ❖ Oral medications (Glucophage, Actos, etc.)
- ❖ Insulin

Diabetes Mellitus: **Type II Diabetes**

➤ Risk factors include:

- ❖ Family history
- ❖ Lifestyle choices (diet, exercise, obesity)

Hypoglycemia (Low blood sugar)

➤ Blood glucose less than or equal to 80 mg/dl **OR** symptoms

Hypoglycemia: Recognition and Prevention

- Can occur very quickly
- Must be treated immediately
- Prevention:
 - Regular blood sugar monitoring/in classroom if necessary
 - Meals/Snacks eaten on regular schedule/not skipped/in classroom if necessary

➤ *Usual* symptoms of hypoglycemia:

- Shaky or jittery
- Sweaty
- Hungry
- Pale
- Headache
- Blurry vision
- Sleepy
- Dizzy

Hypoglycemia: Treatment

If student is able to swallow and follow directions, treat with a fast-acting carbohydrate (CHO) source.

- Mini box of juice
 - 8 oz. carton low or no-fat milk
 - ½ can soda (sweetened)
 - 3-4 glucose tablets
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- Remain with student until he/she is able to safely resume normal activity.

Hypoglycemia: **Emergency**

➤ If student **becomes unconscious: EMERGENCY**

- ❖ Student will be unable to swallow and follow directions
- ❖ Turn student onto his/her side
- ❖ Remain with the student until the on-site School Nurse/Trained Unlicensed Diabetic Assistant arrives OR until EMS arrives
- ❖ If no School Nurse or Trained Unlicensed Diabetic Assistant available

- CALL 9-1-1

Hypoglycemia: **Emergency**

- Treatment of **EMERGENT** hypoglycemia when a nurse or trained UDA is present
 - ❖ Administer Glucagon injection (if ordered by physician)
 - ❖ Glucagon is a hormone that when injected raises the blood sugar quickly
 - ❖ Glucagon *may only be administered* by a School Nurse or a Trained Unlicensed Diabetic Assistant
- Students must be accompanied by a School Nurse or Unlicensed Diabetic Assistant or Parent if participating on a Field Trip or Extracurricular

Hyperglycemia (High blood sugar)

- Blood glucose greater than or equal to 300 mg/dl **OR** symptoms
- *Usual* symptoms of hyperglycemia:
 - ❖ Increased thirst, dry mouth
 - ❖ Frequent or increased urination
 - ❖ Change in appetite, nausea
 - ❖ Blurry vision
 - ❖ Fatigue

Hyperglycemia: Treatment

- Can lead to a medical emergency (diabetic ketoacidosis)
- Prevention:
 - ❖ Regular blood sugar monitoring/in classroom if necessary
 - ❖ Meals/Snacks eaten on regular schedule/not skipped/in classroom if necessary
 - ❖ Insulin/Medications taken on time
 - ❖ Exercise on time

Hyperglycemia: Treatment

➤ Treatment of hyperglycemia:

- ❖ If student is able to swallow and follow directions, treat with the following:

- ❖ zero calorie fluid (i.e. water)

- ❖ correction of blood sugars by licensed or trained individuals

Hyperglycemia: **Emergency**

- If student **becomes unconscious: EMERGENCY**
 - ❖ Student will be unable to swallow and follow directions
 - ❖ Turn student onto his/her side
 - ❖ Remain with the student until the on-site School Nurse/Trained Unlicensed Diabetic Assistant arrives OR until EMS arrives
 - ❖ If no School Nurse or Trained Unlicensed Diabetic Assistant available - **CALL 9-1-1**
- Treatment of **EMERGENT** hyperglycemia:
 - ❖ School Nurse or a Trained Unlicensed Diabetic Assistant will follow physician orders regarding administration of insulin/medication
- Students must be accompanied by a School Nurse or Unlicensed Diabetic Assistant or Parent if participating on a Field Trip or Extracurricular Activity

Hyperglycemia: **Emergency**

➤ If student **becomes unconscious: EMERGENCY**

❖ Student will be unable to swallow and follow directions

❖ Turn student onto his/her side

❖ Remain with the student until the on-site School Nurse/Trained Unlicensed Diabetic Assistant arrives OR until EMS arrives

❖ If no School Nurse or Trained Unlicensed Diabetic Assistant available -

CALL 9-1-1