Doncaster Gardens Primary School
Student Diabetes Management Policy

Philosophical Basis:
Schools have a legal responsibility to provide a safe environment and adequate supervision for all students. Doncaster Gardens Primary School will ensure the correct and timely management of students who have been identified by a medical practitioner as being diabetic. This policy provides the framework for the appropriate and equitable treatment of students with diabetes and information about the symptom and care of students with diabetes for the school community.

GUIDELINES:
For students with diabetes these include:

- Ensuring supervising staff know of the student’s diabetes and their routine, management plan and emergency support plans;
- Recognising that if the student's behaviour is unusual this may be due to a low blood glucose level and the student may require something to eat;
- Enabling the student to eat meals or snacks on time;
- Allowing the student to eat at additional times, especially before exercise or after a blood glucose test;
- Allowing the student access to the toilet when requested outside usual times;
- Ensuring supervision if the child is unwell. Students with diabetes should never be sent to the sick bay alone or left unattended when feeling unwell;
- If vomiting is present, contact the parents/guardians. If this is not possible contact the student’s doctor or transfer the child/student by ambulance to hospital;
- Ensuring privacy when testing blood glucose levels or injecting insulin at school;
- Providing a written log of any episodes of hypoglycemia and the action taken while supervised by staff; and
- Ensuring information relevant to recognition and treatment of hypoglycemia is in a prominent place in the staff room, child’s classroom and also in the First Aid room, and that all staff members are conversant with the information.
- The camping program requires a diabetic plan specifically for each camp; its site, activities and menus.

Implementation:
- The student and/or parent/guardian is to provide all food, drink, blood glucose equipment.
- Bite size food, appropriately packaged, and suitable drink eg. water, fruit juice, cordial must be provided, which is not beyond the ‘use by’ date.
- Toilet privileges must be allowed, as circumstances require.
- Where a blood glucose monitor is required, the reading is to be noted and recorded by the student with teacher support if needed.
- The staff member will contact the parent as agreed.

Evaluation:
- Evaluation will occur on an annual basis or following an incident or event to ensure that the procedures and information are correct and all personnel are aware of how to respond.
- This policy will be reviewed every three years as part of the policy review cycle.

September 2013
Procedures for Diabetes Management Policy

Hypoglycemia (low blood glucose or hypo) Hypoglycemia deprives the brain of energy. The causes of a hypoglycemia include: a) too much insulin; b) exercise; c) not enough food. Hypoglycemia may occur at any time, but there is a greater chance of this happening with exercise or before the next meal or snack is due. The signs of hypoglycemia can progress from mild to severe.

In MILD hypoglycemia signs develop which include: sweating, paleness, trembling, hunger, weakness;
- Changes in mood and behaviour (eg crying, argumentative outbursts, aggressiveness);
- Inability to think straight; lack of coordination.

In MODERATELY SEVERE hypoglycemia, additional signs develop, including:
- Inability to help oneself;
- Glazed expression;
- Being disoriented, unaware or seemingly intoxicated;
- Inability to drink and swallow without encouragement;
- Headache, abdominal pains or nausea.

In SEVERE hypoglycemia, the signs have progressed to include:
- Inability to stand;
- Inability to respond to instructions & extreme disorientation (may be thrashing about);
- Inability to drink and swallow (leading to danger of inhaling food into lungs);
- Unconsciousness or seizures (jerking or twitching of face, body or limbs);

Procedures: First Aid Response

Mild to Moderate low blood glucose:
- Act swiftly.
- Give sugar immediately, eg 4 large or 7 small jelly beans, or 125-200 mls of sugary soft drink or 2 – 3 teaspoons of sugar, jam, honey. Repeat this treatment if there has been no response within 10 – 15 minutes.
- When recovery begins to occur give slowly absorbed carbohydrate food (eg sandwich, biscuits, fruit).
- Supervise - do not leave the student alone.

Severe Hypoglycemia:
- Lie student on side and protect from injury.
- Maintain A irway, B reathing, C irculation.
- Call ambulance.
- If student is unconscious, honey, jam or similar sweet syrup should be rubbed on the gums.
- Notify emergency contacts.

Most Importantly
If a student with diabetes is unwell and exhibits the following symptoms the parents should be contacted or if they are unavailable a doctor should be contacted or the student transferred by ambulance to hospital.
- Vomiting.
- Rapid laboured breathing.
- Drowsiness.
- Abdominal Pain.
- Sweet acetone smell to the breath.
- Severe dehydration.
OTHER ISSUES:

**Hyperglycemia** (high blood glucose level) occurs from time to time and is not usually a problem in the short term. During periods of hyperglycemia the student with diabetes may need to drink extra water and go to the toilet during class. Students experiencing hyperglycemia may find it difficult to concentrate and can be irritable.

**Key points to note re: Hyperglycemia**
- Hyperglycemia happens from time to time to all people who have diabetes.
- Hyperglycemia can be a very serious problem if it is not treated.
- Long-term hyperglycemia is a major cause of many of the complications that happen to people who have diabetes. For this reason, it’s important to know what hyperglycemia is, what its symptoms are, and how to treat it.
  - Untreated hyperglycemia in Type 1 diabetics can lead to a life threatening condition called diabetic ketoacidosis (DKA).
- Students exhibiting signs of hyperglycemia should be monitored and parents contacted if there are concerns.

**Most Importantly**
If a student with diabetes exhibits any of the following symptoms, Blood Glucose Level should be tested.
- Increased thirst
- Headaches
- Difficulty concentrating
- Blurred vision
- Frequent urination

If Blood Glucose Level is high the student should be encouraged to drink more water. (Water helps remove excess glucose from the urine and helps avoid dehydration).
Parents should be contacted if the Blood Glucose Level is above the recommended range which is provided by the parent.