

# A Guide to Diabetes in the School Setting



EFISD Health Services

# IDEA - Public Law 94-142

## Student Rights

- Free and appropriate public education.
- Least restrictive environment.
- Eligible students receive services to meet their individual needs (IEP).
- Diabetes classified as “Other Health Impairment”.

# Rehabilitation Act - Section 504

- Protects persons with disabilities from being excluded from participation in any program or activity receiving federal funding.
- A 504 plan may be written to specifically state the accommodations necessary to meet the student's needs at school.

# House Bill 984

- For a campus that has a student with diabetes:
  - The Principal designates at least 1 campus employee (who is NOT a healthcare professional) to serve as Unlicensed Diabetic Care Assistant (UDCA).
  - The UDCA trainer nurse provides training to the UDCA.

# House Bill 984 (cont.)

- This training to the UDCA includes:
  - Hyperglycemia and hypoglycemia symptoms and treatment
  - Blood glucose and ketone testing
  - Glucose gel, glucagon and insulin administration
  - Management of the student's diabetes according to the Individualized Healthcare Plan (IHP)

# What is Diabetes?

- Diabetes is a serious , chronic disease that impairs the way the body uses food.
- Insulin, a hormone produced by the pancreas, helps the body convert food into energy.
- In diabetes, the pancreas does not make insulin or the body cannot use the insulin properly.

# What is Diabetes?

- This can cause the blood sugar level to be too high or too low.
- Diabetes cannot be cured, only managed.
- Diabetics must carefully balance food, medications and activity levels to keep the blood sugar level as close to normal as possible.



# Types of Diabetes

## Type I

- Pancreas does not produce insulin
- Must receive insulin through injections or a pump
- Most common type afflicting school-age children

## Type II

- Insulin is not used properly in the body
- May be able to control the disease with diet and exercise
- May require oral medications and/or injections
- Obesity is a high risk factor



# Diabetic Management at School



- The student may have to visit the nurse at scheduled times for blood testing and/or insulin injections, as well as urine testing
- It is the responsibility of the teacher, student, and nurse to ensure testing and/or medications are administered on time
- Special arrangements should be made in the event of field trips or class parties to ensure that a UDCA accompanies the student

# Diabetic Management at School

- It may be necessary for a diabetic student to eat a snack in the classroom to maintain adequate blood sugar levels.
- Depending on maturity, blood sugar testing may be performed in the classroom.
- Insulin will generally be administered in the clinic.
- Some students have insulin pumps which automatically administer calculated amounts of insulin.

# Diabetic Management at School

- The student may need special scheduling for lunch.
- The student may require quick acting sugar to be available at all times.
- The student may require free access to water, and may carry a water bottle.
- The student will require free access to the restroom.

# HYPOglycemia (Low Blood Sugar)

**Caused when the  
body gets too  
much insulin, too  
little food, a  
delayed meal, or  
more exercise than  
usual**

Symptoms include:

- Light-headedness
- Irritability
- Confusion Inability to follow directions
- Sleeping in class
- Headache
- Hunger
- Shakiness/Fainting

# HYPERglycemia (High Blood Sugar)

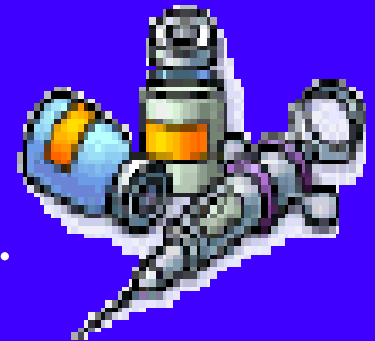
- **Occurs when the body gets too little insulin, too much food, or too little exercise**
  - **May also be caused by stress or an illness**

Symptoms include:

- Excessive thirst
- Frequent urination/trips to the restroom
- Blurry vision
- Fast heart rate, rapid breathing
- Nausea/Vomiting

# Treatment of Symptoms

- Always allow a student with symptoms to go to the nurse immediately.
- Never allow a student with symptoms to go to the clinic by him/herself.
- Only staff members who are trained in diabetes management should treat a symptomatic student.
- Hypoglycemia will be treated with glucose tablets/gel, juice, snacks, or soda according to the student's IHP.
- Hyperglycemia will be treated with insulin administered by a nurse or a trained UDCA.



# Emergency Care

- Hypoglycemia and hyperglycemia can both be potentially life-threatening and must be treated immediately.
- 9-1-1 and trained staff members should be contacted immediately.
- Hypoglycemia may cause unconsciousness or seizures and may be treated with Glucagon administered by the nurse or by Level III trained school personnel (UDCA).

# Your Student With Diabetes

- Will have an IHP, specific to his/her diabetes management.
- Will have specific instructions for emergency care management.
- Will have specific equipment/supplies/snacks.





# What YOU need to do

- Check with your school nurse to obtain specific information about students with Diabetes under your instruction/supervision.
- Attend training provided by your school nurse about each individual diabetic student in your class.
- Read the accompanying attached handout “A Guide to Diabetes in the School”.
- Inform your school nurse at least 2 weeks prior to any off-campus trips or activities

# What YOU need to do

- Clip the handout to your grade/attendance book for your substitute's reference.
- Please ask for any clarification about Diabetes and the management of a diabetic student from your school nurse.
- Thank you for your participation in learning about the care of students with diabetes.