

# Diabetes Care Plan - Mora Schools



**All Emergency Contact People  
are to be identified on Student  
Information Forms.**

Check if  
on file

Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
Provider: \_\_\_\_\_

## Type 1 Diabetes

### School Communication and Treatment Authorization Form

**Diabetes Overview:** Type 1 diabetes is an autoimmune disease in which the insulin producing cells of the pancreas no longer produce insulin resulting in a deficiency of insulin. The daily regimen for managing Type 1 diabetes includes blood glucose monitoring, insulin injections and management of high and low blood glucose levels.

### Blood Glucose Monitoring

**Blood Glucose Target Range:** \_\_\_\_\_ - \_\_\_\_\_ **mg/dl**

**Meter Type:** \_\_\_\_\_

- Blood Glucose Testing Times: \_\_\_\_\_  
(pre-meal; pre-exercise)
- PRN Blood Glucose Testing Symptom of Hypoglycemia/Hyperglycemia
- Permission to test independently (classroom).
- Supervision of testing/results
- Student will need assistance with testing and blood glucose management.
- Results sent home: \_\_\_\_\_

### Diabetes Medication

- No insulin at school: Current Regimen at home:  3 shots/day  2 shots/day Insulin at home: \_\_\_\_\_
- Insulin at school:

Current Regimen:  Pumper/Humalog/Novolog  Lantus/Humalog/Novolog

The insulin given at school is:  Humalog  Novolog

- Dose calculation based on food intake and current blood glucose (see scale below)
- **Meal bolus** \_\_\_\_\_ # units of insulin/carbohydrate choice (15GM)
- **Blood glucose correction scale:** \_\_\_\_\_ unit / \_\_\_\_\_ points BG is > \_\_\_\_\_  
(Correction bolus can be given with meals or every 3 hours if blood glucose levels are high)

Blood Glucose Value	Units of Insulin
Less than 100	
100-150	
151-200	
201-250	
251-300	
301-350	
351-400	
More than 400	

*Note: Insulin dose is a total of meal bolus and correction bolus.*

- Parent may adjust insulin doses as needed.

Device Used:  Pen (recommend for school setting)  Syringe  Pump

(Note: insulin pens expire 28 days after opening, NPH pen cartridges expire after 14 days, insulin vials 30 days after opening, unopened vials/cartridges may be used through manufacturer expiration dates.)

### My Meal Plan

**15 Grams of carbohydrate = 1 carbohydrate choice**

- Meal plan variable

Meal plan prescribed (see below)

Breakfast: time: \_\_\_\_\_ # carb choices = \_\_\_\_\_

Morning Snack time: \_\_\_\_\_ # carb choices = \_\_\_\_\_

Lunch time: \_\_\_\_\_ # carb choices = \_\_\_\_\_

Afternoon Snack Time: \_\_\_\_\_ # carb choices = \_\_\_\_\_

Plan for pre-activity snacks: \_\_\_\_\_

Plan for after-school activities: \_\_\_\_\_