

# EMERGENCY ACTION PLAN DIABETES



STUDENT NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
PARENT: \_\_\_\_\_  
PH #: \_\_\_\_\_ WK PH #: \_\_\_\_\_

DOCTOR: \_\_\_\_\_  
PH #: \_\_\_\_\_ FAX: \_\_\_\_\_  
HOSP: \_\_\_\_\_  
DOB: \_\_\_\_\_

SCHOOL: \_\_\_\_\_ TEACHER: \_\_\_\_\_ GRADE: \_\_\_\_\_

ALLERGIES: \_\_\_\_\_

MEDICATIONS: \_\_\_\_\_

HEALTH CONCERNS/MEDICAL DX: \_\_\_\_\_

1. EMG. CONTACT: \_\_\_\_\_ PH# \_\_\_\_\_ WK PH# \_\_\_\_\_  
2. EMG. CONTACT: \_\_\_\_\_ PH# \_\_\_\_\_ WK PH# \_\_\_\_\_  
3. EMG. CONTACT: \_\_\_\_\_ PH# \_\_\_\_\_ WK PH# \_\_\_\_\_

Describe "typical" warning symptoms for student:

## Warning Symptoms

### Low Blood Sugar

- ☐ Shaky, dizzy, faint
- ☐ Cold, sweaty, pale
- ☐ Hard to concentrate, headache
- ☐ Hunger, grouchy
- ☐ Personality change (crabby or withdrawn)
- ☐ Sleepy, unsteady gait, slurred speech

### High Blood Sugar

- ☐ Thirsty, dry mouth, frequent urination
- ☐ Weakness, irritability
- ☐ Sickly sweet breath odor
- ☐ Heavy, labored breathing
- ☐ Loss of appetite, nausea/vomiting
- ☐ Blurred vision

## Emergency Care

- 1) **Do not leave student alone.**
- 2) Assess for symptoms and test blood sugar if glucometer available
- 3) Provide care based on blood sugar and/or symptoms:

### Low Blood Sugar <80

- 4) If student is unconscious DO NOT give food or drink. Immediately call MERT and 911, give glucagon located in \_\_\_\_\_ and notify the parent. (Complete an Accident/Incident Report if 9-1-1 is called)
- 5) If BS <70 (or 70-80 with symptoms), give 15 grams of carbohydrates i.e. 4 oz juice or regular pop, 4 glucose tabs, 15 Skittles, 3 rolls of Smarties, or 4 Starbursts
- 6) If BS <50, give 30 grams of carbohydrates i.e. 8 oz juice or regular pop, 30 Skittles, 6 rolls of Smarties
- 7) Wait 15 minutes quietly. Repeat blood sugar and assess for symptoms.
- 8) If BS not over 70, repeat above process until >70
- 9) If no improvement, call school nurse (\_\_\_\_\_) and inform parent.

### High Blood Sugar > \_\_\_\_\_

- 4) Test urine for ketones
  - a) If negative for ketones: allow exercise and stay in school
  - b) If positive for ketones: DO NOT allow exercise, DO NOT give insulin through pump, call School Nurse
- 5) Encourage drinking extra water

## Transportation and Field Trips

Unlicensed Trained Staff need to accompany on field trip: Yes

During field trips provide care as described EXCEPT:

Nurse Signature \_\_\_\_\_ Date \_\_\_\_\_

# Individualized Treatment Plan Diabetes

Student Name: \_\_\_\_\_

DOB: \_\_\_\_\_

**Diabetes** is one of the most common chronic diseases of school-age children. There are an increasing number of children with diabetes who require accommodations during the school day to do blood glucose testing, have between meal snacks, and take insulin injections or make insulin pump adjustments. Self-management by the child of his/her disease is an important component of that control. Diabetes is NOT a communicable or contagious disease. Diabetes is a chronic disorder that can result in long-term complications such as damage to the eyes, kidneys, and vascular and nervous systems if not managed properly. There are two types of diabetes: Type 1 diabetes usually has a rapid onset and is caused by an autoimmune disorder in which the insulin-producing cells of the pancreas are destroyed. People with Type 1 diabetes must take insulin injections (via syringe, injection pen, or pump) every day. Type 2 diabetes usually has a gradual onset and is caused by an insufficient production of insulin by the body or an inefficient usage of insulin by the body's cells. People with Type 2 diabetes may take insulin injections, take oral medication, follow a meal plan, and engage in physical activity to control his/her blood glucose levels, or any combination of these methods.

1. Follow Diabetes Management Plan from the doctor:
  - Diabetes Management plan is available and attached: No
  - Medication/Treatment order is available and attached: No
  - Treatment Schedule at School:
  
2. Other Considerations
  
3. Present Level of Functioning  
Student is:
  - able to recognize and communicate symptoms of Hypoglycemia: No
  - able to recognize and communicate symptoms of Hyperglycemia: No
  - able to independently test blood sugar: No
  - able to count carbohydrates: No
  - able to self administer insulin when needed: No
  
4. School Staff trained to follow emergency procedures:
  
5. Goals:

Care Plan developed on \_\_\_\_\_

School Nurse \_\_\_\_\_ Pager \_\_\_\_\_ Phone \_\_\_\_\_

Back up Nurse \_\_\_\_\_ Pager \_\_\_\_\_ Phone \_\_\_\_\_

Supervisor Name \_\_\_\_\_ Pager \_\_\_\_\_ Phone \_\_\_\_\_