DIABETES CARE TASKS AT SCHOOL: What Key Personnel Need to Know
Goal: Optimal Student Health and Learning

All school staff members should have basic knowledge of diabetes and know who to contact for help.
Learning Objectives

Participants will be able to understand:

- *What is diabetes?*
- *Why care at school is required*
- *Basic components of diabetes care at school*
- *Short and long term consequences of diabetes*
What is Diabetes?

In diabetes:

*Body does not make or properly use insulin*

Insulin is needed to:

*Move glucose from blood into cells for energy*

If insulin isn’t working, high blood glucose results:

*Energy levels are low*

*Dehydration*

*Complications*
Type 1 Diabetes

- Autoimmune disorder
- Insulin-producing cells destroyed
- Daily insulin replacement necessary
- Age of onset: usually childhood, young adulthood
- Most common type of diabetes in children and adolescents
Type 1 Diabetes

ONSET: relatively quick

SYMPTOMS:
- increased urination
- tiredness
- weight loss
- increased thirst
- hunger
- dry skin
- blurred vision

CAUSE: uncertain, both genetic and environmental factors
Type 2 Diabetes

Insulin resistance – first step

Age at onset:
- Most common in adults
- Increasingly common in youth
  - overweight
  - inactivity
  - genes
  - ethnicity
Type 2 Diabetes

ONSET:
variable timeframe for children

SYMPTOMS:
tired, thirsty, hunger, increased urination

- some children show no symptoms at diagnosis
- others are symptomatic with very high blood glucose levels
Diabetes is Managed, But it Does Not Go Away.

**GOAL:**
Maintain target blood glucose
Diabetes Management
Constant Juggling - 24/7

Insulin/medication

with:

Physical activity

and

Food intake

BG

BG

BG
Diabetes Management

Routine Care:

- Many students will be able to handle all or almost all routine diabetes care by themselves
- Some students will need school staff to perform or assist with routine diabetes care

Emergency Care:

- ALL students with diabetes will need help in the event of an emergency situation
Care in the Schools: School Nurses and Others

A School nurse is most appropriate to:

- Coordinate diabetes care
- Supervise diabetes care
- Provide direct care (when available)
- Communicate about health concerns to parent/guardian and health care team

However, a school nurse is not always available.

Non-medical school staff can be trained to assist students:

- For both routine and emergency care
- Including insulin and glucagon administration
Diabetes Medical Management Plan (DMMP)

- Basis for all school-based diabetes care plans
- Developed by student’s personal health care team and parent/guardian
- Signed by a member of student’s personal health care team
- Individualized

- Implemented collaboratively by the school diabetes team:
  - School nurse
  - Student
  - Parent/guardian
  - Other school personnel
Where to Get More Information

American Diabetes Association
1-800- DIABETES
www.diabetes.org

National Diabetes Education Program/NIH
www.ndep.nih.gov