Managing Diabetes in the School Setting

Alabama State Department of Education
Alabama Board of Nursing
Diabetes Mellitus: Type I Diabetes

- Previously called Insulin-dependent or Juvenile Onset Diabetes
- Pancreas does not make enough insulin (a hormone secreted by the pancreas)
  - If the body has too little or no insulin then glucose cannot enter the cells of the body to be used for energy
- **Symptoms include:**
  - Fatigue
  - Increased thirst
  - Frequent urination
- **Treatment includes:**
  - Blood glucose monitoring
  - Administration of long and/or rapid-acting insulin
  - Diet, exercise and rest
**Diabetes Mellitus: Type II Diabetes**

- Previously called Adult Onset Diabetes
- Insulin resistance
  - Decreased ability of insulin (a hormone secreted by the pancreas) to move glucose (blood sugar) from our bloodstream into our cells.
- Risk factors include:
  - Family history
  - Lifestyle choices (diet, exercise, obesity)
- Treatment includes:
  - Blood glucose monitoring
  - Diet management and exercise
  - Oral medications (Glucophage, Actos, etc.)
  - Insulin
Hypoglycemia (Low blood sugar)

- Blood glucose less than or equal to 80 mg/dl OR symptoms
- Usual symptoms of hypoglycemia:
  - Shaky or jittery
  - Sweaty
  - Hungry
  - Pale
  - Headache
  - Blurry vision
  - Sleepy
  - Dizzy
Hypoglycemia: Treatment

- Can occur very quickly
- Must be treated immediately

Prevention:
- Regular blood sugar monitoring/in classroom if necessary
- Meals/Snacks eaten on regular schedule/not skipped/in classroom if necessary

Treatment of hypoglycemia:
- If student is able to swallow and follow directions, treat with a fast-acting carbohydrate (CHO) source.
  - Mini box of juice
  - 8 oz. carton low or no-fat milk
  - ½ can soda (sweetened)
  - 3-4 glucose tablets
- Remain with student until he/she is able to safely resume normal activity.
Hypoglycemia: Emergency

➢ If student becomes unconscious: EMERGENCY
  ❖ Student will be unable to swallow and follow directions
  ❖ Turn student onto his/her side
  ❖ Remain with the student until the on-site School Nurse/Trained Unlicensed Diabetic Assistant arrives OR until EMS arrives
  ❖ If no School Nurse of Trained Unlicensed Diabetic Assistant available - CALL 9-1-1

➢ Treatment of EMERGENT hypoglycemia:
  ❖ Administer Glucagon injection (if ordered by physician)
  ❖ Glucagon is a hormone that when injected raises the blood sugar quickly
  ❖ Glucagon may only be administered by a School Nurse or a Trained Unlicensed Diabetic Assistant

➢ Students must be accompanied by a School Nurse or Unlicensed Diabetic Assistant or Parent if participating on a Field Trip or Extracurricular Activity
**Hyperglycemia (High blood sugar)**

- Blood glucose greater than or equal to 300 mg/dl **OR** symptoms
- *Usual* symptoms of hyperglycemia:
  - Increased thirst, dry mouth
  - Frequent or increased urination
  - Change in appetite, nausea
  - Blurry vision
  - Fatigue
Hyperglycemia: Treatment

- Slower leading to medical emergency (diabetic ketoacidosis)
- Occurs when symptoms persist without treatment

**Prevention:**
- Regular blood sugar monitoring/in classroom if necessary
- Meals/Snacks eaten on regular schedule/not skipped/in classroom if necessary
- Insulin/Medications taken on time
- Exercise on time

**Treatment of hyperglycemia:**
- If student is able to swallow and follow directions, treat with the following:
  - Zero calorie fluid (i.e. water)
Hyperglycemia: Emergency

If student becomes unconscious: EMERGENCY

- Student will be unable to swallow and follow directions
- Turn student onto his/her side
- Remain with the student until the on-site School Nurse/Trained Unlicensed Diabetic Assistant arrives OR until EMS arrives
- If no School Nurse of Trained Unlicensed Diabetic Assistant available - CALL 9-1-1

Treatment of EMERGENT hyperglycemia:

- School Nurse or a Trained Unlicensed Diabetic Assistant will follow physician orders regarding administration of insulin/medication

Students must be accompanied by a School Nurse or Unlicensed Diabetic Assistant or Parent if participating on a Field Trip or Extracurricular Activity