

## School Nurse CHECKLIST FOR STUDENTS WITH DIABETES

- I. Identification of Students with Diabetes. All students with Type 1 diabetes require an Individualized Health Plan (IHP); all students with Type 2 diabetes who take insulin also require an IHP.
  
- II. Meet with parent/guardian and student (before the start of school or as soon as a student is identified with diabetes) to gather information and develop a plan.

	Utilize IHP for student with Diabetes (refer to Wisconsin Department of Health and Human Services resource guide for Children with Diabetes) or similar plan to update current information.
	Determine if parent/guardian wish to be notified of and/or are able to accompany student on fieldtrips.
	Does student wear emergency identification?

### III. Required Supplies at School (provided by family)

	Meter
	Strips
	Lancets
	Insulin syringes/insulin pens
	Insulin
	Individually wrapped Ketostix (preferable due to longer exp. date)
	Simple sugars to treat lows (juice, glucose tabs, airheads, etc.)
	Complex sugars (15 Gm) such as crackers, pretzels, etc.
	Glucose gel
	Glucagon
	If a pump user, tubing changes and batteries may be available.

### IV. Training required for all nurses/assistants

	Use of meter (match code on container of strips to meter read-out if required)
	Lancets; changing should be done by student if possible to avoid risk of puncture to staff. Change lancets and syringes daily.
	Insulin: Type and action; when to administer (short-acting is typically at lunch only unless needed for breakfast as well)
	Insulin...document when vial or pen cartridge opened. Official recommendations are to discard after 28 days. Make a plan with family.

	Insulin...drawing up
	Insulin administration
	Insulin pens
	Sliding scale
	Carbohydrate to insulin ratio
	Ketostix: when to use and how to use. Best to have student urinate in a cup and directly observe/teach the student.
	<p>Signs of Hypoglycemia/when to recheck BS</p> <ul style="list-style-type: none"> <li>✓ "15" rule: treat with 15 Grams, recheck in 15 minutes</li> <li>✓ CHO needed to raise glucose to 100: <math>(100 - \text{glucose}) \times .2 = \text{grams of CHO}</math>. For example, if blood sugar is 50, <math>(100 - 50) \times .2 = 50 \times .2 = 10</math> Gm of CHO.</li> </ul>
	Treatment of lows...have specific plan for BS <70; BS <50; treatment if semi-conscious with glucose gel
	<p>Signs of Hyperglycemia</p> <ul style="list-style-type: none"> <li>✓ Encourage fluids</li> <li>✓ Refer to IHP for level to check ketones; if mod or large send student home so family can help manage in consultation with their health care provider.</li> </ul>
	<p>Ketoacidosis:</p> <p>Usually caused by uncontrolled type 1 diabetes when the body isn't able to use glucose for energy. As an alternate source of energy, fat cells are broken down producing ketones, toxic compounds that make the blood acidic. Symptoms of ketoacidosis include excessive thirst and urination, abdominal pain, vomiting, rapid breathing, extreme tiredness, and drowsiness.</p>
	Glucagon...911

## V. Insulin Pump

	Review general pump information
	Basal insulin
	Bolus insulin
	How to "suspend" or disconnect tubing for severe low blood sugars
	Tubing changes...usually not needed in the school setting. Important to discuss a plan with the parents.
	Discuss alarms and how to respond
	If two high blood sugar readings in a row, develop a plan as may be pump/tubing/site problems.
	Ketone testing for high blood sugars as defined in IHP.

VI. Continuous Glucose Monitoring System (CGMS)

	Ask student if they are wearing a glucose sensor. This is an extra piece of hardware worn that transmits blood sugar to the pump. The system makes measurements continuously and monitors glucose, displaying a five minute average on the insulin pump. Fingertick measurements using a standard blood glucose meter are still required before making therapy adjustments, and to calibrate the system. No adjustments should be made based on the number showing on the pump. This is very important.
	If the student has a sensor, it should not require replacement at school.
	Familiarize yourself with the CGMS by looking online at the particular product worn by the student.

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