

Thank you for taking over my classroom today. I wanted to let you know that one of my students manages type 1 diabetes. I know that this can be a little overwhelming, so I wanted to give you some information to help you today.

Child's Name: _____

Staff Person Responsible for Diabetes Care:

Role: _____ **Ext:** _____

What is type 1 diabetes?

In type 1 diabetes, the body makes little or no insulin due to an overactive immune system. So people with type 1 diabetes must take insulin every day. Insulin can be delivered through a pump or through injections. Kids with type 1 need to carefully balance insulin with activity and eating. Both effect how much insulin is needed. Blood sugar must be continually monitored with a Continuous Glucose Monitor (CGM) or my manually checking with a meter. Type 1 requires continual monitoring and adjusting, all day, every day. There is no way to prevent type 1 and there is no cure.

What do I need to do?

It is important to realize that children with type 1 diabetes can do everything that every other child can do. They can also eat sweets and other carbohydrates; they just need to make sure that they take enough insulin to balance out their food intake.

When the student eats, he or she must take insulin to cover the carbohydrates eaten. The child may do this with injections or an insulin pump. While you are in my class, there may be a treat or extra snack. It is alright if the child has the treat. They just may need to take extra insulin. Consult the staff person responsible for diabetes care for instructions on treats.

This child takes insulin with

- Injections
- Pump

As the person who will be with this child most of today, you will need to understand a few things about blood sugar. Every person with type 1 has a target range in which they like to keep their blood sugar. To keep blood sugar in target range, the child needs to continuously monitor their blood sugar levels. This is done in two ways – with a meter or a continuous glucose monitor.

This child checks blood sugar with

- Meter
- Continuous Glucose Monitor

If blood glucose levels are out of target range, a HIGH or a LOW can occur. This is caused by a variety of factors, usually through no fault of the child. Foods, activity, stress, weather and illness can cause changes in blood sugar. You need to be aware of signs of HIGHS and LOWS. Below are some signs of HIGHS and LOWS and how to treat them. If the child exhibits these symptoms, talk to the child and take necessary precautions.

If my student has a HIGH Blood Sugar

Signs of a HIGH Blood Sugar are...

- Thirsty
- Frequent Urination
- Blurry Vision
- Hungry
- Flushed/Warm Skin
- Sleepy
- Confusion
- Deep sighing breaths

Treating a HIGH

Depending on the age of your student, he or she will understand how to treat their own high according to their doctor's instructions. Insulin or sometimes activity is used to lower blood sugar. If the child is experiencing a HIGH, have the child check their blood sugar and contact the staff person responsible for diabetes care.

If my student has a Low Blood Sugar

Signs of a LOW Blood Sugar are...

- Shaky
- Sweaty
- Dizzy
- Hungry
- Sudden Behavior Change
- Weak or Tired
- Headache
- Nervous or Upset

Treating a LOW

1. Have the student check their blood sugar either with their meter or on their CGM
2. Treat by eating or drinking 15 grams of carbs (ex. - 4 oz of juice or regular soda or 3-4 glucose tabs)
3. Wait 15 min and check blood sugar again. If it is still low, eat or drink another 15 carbs.

The child should have supplies in the classroom to treat a low or carry supplies with them at all times.

This child keeps low supplies: _____



NEVER allow a student with diabetes to go anywhere alone when experiencing a HIGH or LOW. If they need to go to the office, send them to be treated with an adult.

In case of EMERGENCY

Severe lows or hypoglycemia can be very dangerous. Action must be taken quickly. If the child is unconscious, call EMS. Someone may also have to administer emergency glucagon. Contact the staff person responsible for diabetes care immediately after you call EMS.

