

# DIABETES ACTION PLAN 2024

## Insulin Pump

As kaitiaki (carers/guardians) of diabetes related services, it is a collective responsibility to establish an environment that facilitates a pathway for people with diabetes to navigate te ao mate huka - the world of diabetes<sup>1</sup>.

### SCHOOL SETTING

Use in conjunction with Diabetes Management Plan.  
This has been developed by specialist diabetes clinicians

## LOW Hypoglycaemia (Hypo)

Blood glucose level (BGL) less than **4.0 mmol/L**

**SIGNS AND SYMPTOMS** Pale, headache, shaky, sweaty, dizzy, changes in behaviour

*Note: Symptoms may not always be obvious*

**DO NOT LEAVE STUDENT ALONE  
DO NOT DELAY TREATMENT**

### MILD

**Student conscious**  
(Able to eat hypo food)

**Step 1** Give fast acting Carbohydrate \*  
e.g. \_\_\_\_\_

**Step 2** Recheck BGL in **10-15 mins** If BGL less than 4.0 mmol/L **Repeat Step 1**

If BGL greater than or equal to 4.0, go to

**Step 3** Return to normal activity no follow up long acting carbohydrate is required.

**See Management Plan**

### SEVERE

**Student drowsy / unconscious**  
(Risk of choking / unable to swallow)

- First Aid DRSABCD
- Stay with unconscious student
- Administer Glucagon if available

**CALL AN AMBULANCE  
DIAL 111**

Contact parent/carer when safe to do so.

## HIGH Hyperglycaemia (Hyper)

Blood Glucose Level (BGL) greater than or equal to

**15.0 mmol/L** requires additional action

**SIGNS AND SYMPTOMS** increased thirst, extra toilet visits, poor concentration, irritability, tiredness

*Note: Symptoms may not always be obvious*

**Check Blood ketones. Blood ketones greater than or equal to 1.0 mmol/L requires immediate treatment**  
**Correction Factor 1: \_\_\_mmol/L**

### Blood Ketones less than 1.0

- Enter BGL into pump
- Accept Correction bolus
- Encourage water and return to activity
- Extra toilet visits may be required
- If GL is high and student is hungry, they can still eat carbohydrate with insulin via pump
- Extra activity is NOT required as a method of treatment for high glucose levels
- Re-check BGL in 2 hours

BGL less than 15.0 and ketones less than 1.0  
No further action.

BGL still greater than or equal to 15.0 and ketones less than 1.0  
**POTENTIAL SITE FAILURE**

### Blood Ketones greater than or equal to 1.0

#### POTENTIAL SITE FAILURE

- Contact Parent/Caregiver for further advice
- Will need injected insulin and set change
- This is the parent/caregiver responsibility or student (if they have the required insulin pump skills)

If unable to contact parent/carer

**CALL AN AMBULANCE  
DIAL 111**

**IF UNWELL (E.G. VOMITING),  
CONTACT PARENT/  
CAREGIVER TO COLLECT  
STUDENT**

Student's name:		Place photo of student here
Grade/Year:	DOB:	
Date:		

School's name:

**INSULIN** The insulin pump continually delivers insulin. The pump will deliver insulin based on carbohydrate food amount and Glucose Level (GL) entries. All GL must be entered into the pump.

**Pump button pushing** (cross out those not applicable) with assistance/ with supervision/ independently

**This student is wearing** (cross out those not applicable) Continuous Glucose Monitoring (CGM)/ Intermittent scanned Continuous Glucose Monitoring (ISCGM)

#### GL CHECKING TIMES

- Anytime, anywhere in the school
- Before morning tea and before lunch
- Anytime hypo is suspected
- Before exams or tests
- Before planned activity or physical education/sport

#### PHYSICAL EDUCATION /SPORT

- 10-15g long-acting carbohydrate food before every 30 mins of planned activity
- DO NOT BOLUS for this carbohydrate
- Vigorous activity should **NOT** be undertaken if BGL  $\geq$  15.0 **AND** blood ketones are  $\geq$  1.0 **AND/OR** child is unwell
- Consider starting temp basal, temp target or exercise mode prior to activity

**See Management plan**

Parent/Carer's name:	Contact phone:
Treating medical team:	Contact phone:

\*Those on HCL may require less fast-acting carbohydrate – always discuss with parent