

DIABETES ACTION PLAN 2024

Twice daily injections

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 diabetes¹.

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**

Step 3
Give 10g long acting carbohydrate, if next meal/snack is more than 20 mins away.

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

HIGH BGLS ARE COMMON

STUDENT WELL

Recheck BGL in 2 hours

Encourage water and return to activity

- Extra toilet visits may be required
- If GL is high and child is hungry, they can still eat carbohydrate
- Extra activity is NOT required as a method of a treatment for high glucose levels

In 2 hours, if BGL still greater than or equal to 15.0 mmol/L

Contact Parent/Caregiver for further advice

STUDENT UNWELL

eg Vomiting
Check blood ketones (if able)

If Ketones greater than or equal to 1.0 mmol/L

**CONTACT PARENT / CARER
TO COLLECT STUDENT ASAP**

If unable to contact parent/carer

**CALL AN AMBULANCE
DIAL 111**

Student's name:

Place photo of student here

Grade/Year:

DOB:

Date:

School's name:

INSULIN injection will be given before breakfast & dinner at home. *Insulin for glucose correction may be given at the School. See Management Plan*

Please ensure carbohydrate food is eaten at snack and lunch times

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

BGL 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 ACTIVITY

- Give 10-15g carbs long-acting carbohydrate food before every 30 mins of planned activity
- Vigorous activity should **NOT** be undertaken if BGL \geq 15.0 AND blood ketones are \geq 1.0 AND/OR student is unwell

Parent/Carer's name:

Contact phone:

Other contact name:

Contact phone:

Treating medical team:

Contact phone:

