

**CENTENNIAL SCHOOL DISTRICT
DIABETES MEDICAL MANAGEMENT PLAN**

Effective Date: _____ Today's Date: _____

This plan should be completed by the students personal medical doctor and parent/guardian. It should be reviewed with relevant school staff and copies should be kept in a place that is easily accessed by the School Nurse and other authorized personnel.

Student's Name: _____

Date of Birth: _____ Date of Diabetes Diagnosis: _____

School: _____

Grade: _____ Homeroom Teacher/Team _____

Physical Condition: Diabetes Type 1 _____ Diabetes Type 2 _____

Contact Information:

Mother/Guardian:

Address: _____

Telephone: Home: _____ Work: _____ Cell: _____

Father/Guardian: _____

Address: _____

Telephone: Home: _____ Work: _____ Cell: _____

Student's Doctor/Health Care Provider:

Name: _____ Telephone: _____

Address: _____ Emergency Number: _____

Other Emergency Contacts:

Name: _____

Relationship: _____

Telephone: Home: _____ Work: _____ Cell: _____

Diabetes Medical Management Plan *Continued*

Blood Glucose Monitoring

Target range for blood glucose is: 70-150 70-180 Other_____

Usual times to check blood glucose_____

Times to do extra blood glucose checks (*check all that apply*)

- before exercise
- after exercise
- when student exhibits symptoms of hyperglycemia
- when student exhibits symptoms of hypoglycemia
- other {explain}: _____

Can student perform own blood glucose checks? Yes No

Exceptions: _____

Type of blood glucose meter student uses: _____

Insulin

Usual Lunchtime Dose

Base dose of Humalog/Novolog /Regular insulin at lunch (circle type of rapid-/short-acting insulin used) is _____ units or does flexible dosing using _____units/ _____ grams carbohydrate.

Use of other insulin at lunch: (circle type of insulin used): intermediate/NPH/lente _____ units or Basal/Lantus/Ultralente _____units.

Insulin Correction Doses

Parental authorization should be obtained before administering a correction dose for high blood glucose levels.

Yes No

_____ units if blood glucose is _____ to _____ mg/dl

_____ units if blood glucose is _____ to _____ mg/dl

_____ units if blood glucose is _____ to _____ mg/dl

_____ units if blood glucose is _____ to _____ mg/dl

_____ units if blood glucose is _____ to _____ mg/dl

Can student give own injections? Yes No

Can student determine correct amount of insulin? Yes No

Can student draw correct dose of insulin? Yes No

Parents are authorized to adjust the insulin dosage under the following circumstances:_____

For Students With Insulin Pumps

Type of pump: _____ Basal rates: _____ 12 am to _____
_____ to _____
_____ to _____

Type of insulin in pump: _____

Type of infusion set: _____

Insulin/carbohydrate ratio: _____ Correction factor: _____

Diabetes Medical Management Plan *Continued*

Student Pump Abilities/Skills:

Needs Assistance?

- Count carbohydrates Yes No
- Bolus correct amount for carbohydrates consumed Yes No
- Calculate and administer corrective bolus Yes No
- Calculate and set basal profiles Yes No
- Calculate and set temporary basal rate Yes No
- Disconnect pump Yes No
- Reconnect pump at infusion set Yes No
- Prepare reservoir and tubing Yes No
- Insert infusion set Yes No

For Students Taking Oral Diabetes Medications

Type of medication: _____ Timing: _____
Other medications: _____ Timing: _____

Meals and Snacks Eaten at School

Is student independent in carbohydrate calculations and management? Yes No

| <i>Meal/Snack</i> | <i>Time</i> | <i>Food Content/Amount</i> |
|---------------------|-------------|----------------------------|
| Breakfast | _____ | _____ |
| Mid-morning snack. | _____ | _____ |
| Lunch | _____ | _____ |
| Mid-afternoon snack | _____ | _____ |
| Dinner | _____ | _____ |

Snack before exercise? Yes No

Snack after exercise? Yes No

Other times to give snacks and content/amount: _____

Preferred snack foods: _____

Foods to avoid, if any: _____

Instructions for when food is provided to the class (e.g., as part of a class party or food sampling event):

Exercise and Sports

A fast-acting carbohydrate such as _____ should be available at the site of exercise or sports.

Restrictions on activity, if any: _____

Student should not exercise if blood glucose level is below _____ mg/dl or above _____ mg/dl or if moderate to large urine ketones are present.

Diabetes Medical Management Plan *Continued*

Hypoglycemia (Low Blood Sugar)

Usual symptoms of hypoglycemia: _____

Treatment of hypoglycemia: _____

Glucagon should be given if the student is unconscious, having a seizure (convulsion), or unable to swallow.
Route _____ Dosage _____ Site for glucagon injection: ___ arm, ___ thigh, ___ other.

If glucagon is required, administer it promptly. Then, call 911 (or other emergency assistance) and the parents or guardian.

Hyperglycemia (High Blood Sugar)

Usual symptoms of hyperglycemia: _____

Treatment of hyperglycemia: _____

Urine should be checked for ketones when blood glucose levels are above _____ mg/dl.

Treatment for ketones: _____

Supplies to be Kept at School

- | | |
|---|--|
| _____ Blood glucose meter, blood glucose test strips, batteries for meter | _____ Insulin pump and supplies |
| _____ Lancet device, lancets, gloves, etc. | _____ Insulin pen, pen needles, insulin cartridges |
| _____ Urine ketone strips | _____ Fast-acting source of glucose |
| _____ Insulin vials and syringes | _____ Carbohydrate containing snack |
| | _____ Glucagon emergency kit |

Signatures

This Diabetes Medical Management Plan has been approved by:

_____ Student's Physician/Health Care Provider _____ Date

I give permission to the school nurse, trained diabetes personnel, and other designated staff members of _____ school to perform and carry out the diabetes care tasks as outlined by _____ 's Diabetes Medical Management Plan. I also consent to the release of the information contained in this Diabetes Medical Management Plan to all staff members and other adults who have custodial care of my child and who may need to know this information to maintain my child's health and safety.

Acknowledged and received by:

_____ **Student's Parent/Guardian** _____ **Date**

_____ **Student's Parent/Guardian** _____ **Date**