

St. Thomas More School Individualized Diabetes Health Plan

Student Name: _____ Date: _____

Parent Name: _____ Hm _____ Cell _____ Wk _____
 _____ Hm _____ Cell _____ Wk _____

Diabetes Medical Management Plan submitted by the physician includes the following information (please check):

- Insulin dosage** **Field trip supervision** **Emergency action plan**
 Target glucose level **Physical activity guidelines**

Blood Glucose Testing:

Prior to eating meals or snacks, if the student has signs/symptoms of high or low Blood Glucose, prior to physical activity or before academic testing. Blood Glucose testing will be supervised and done in the health clinic.

Specific times to check Blood Glucose:

_____ Morning
 _____ Before Lunch Call Parent Yes No
 _____ Before P.E or Recess Yes No. Give 15 grams of Carbohydrate if Blood Glucose < _____
 _____ End of the Day Yes No _____
Target Blood Glucose _____

Symptoms of low blood sugar (circle all that apply):

- Hungry, Irritable, Headache, Sweaty, Shaky, Weak, Anxious, Blurred Vision

Management of Low Blood Glucose (hypoglycemia)

The student will never be left alone, or sent anywhere alone when experiencing hypoglycemia.

If Blood Glucose < _____ Give 15 grams of fast acting Carbohydrates (juice). Retest in 15 minutes. Call parent if a second treatment is needed. Call parent if Blood Glucose is less than 50.

Symptoms of High Blood Sugar (circle all that apply):

- Thirsty, Fatigue, Nausea, Hunger, Vomiting, Stomach pains, Blurred vision
- Dry mouth, Fruity breath, Frequent urination

Management of High Blood Glucose (hyperglycemia)

If Blood Glucose > 240 check ketones. If ketones are present call parent. Encourage student to drink water.

Important Considerations when Managing a Diabetes Health Care Plan

- Extra juices or snacks will be kept in the health clinic, classroom and student's backpack.
- Parents will notify the Transportation Dept. of their child's diabetes and provide for Carbohydrates to be kept on the bus.
- Are there any restrictions to participation in school wide activities? _____.
- Any absences related to the students Diabetes (per a doctor's note) will be excused and in those cases extended time will be given to complete any assignments and alternate days may be used to make up or complete exams/tests.

This plan was reviewed with the following team members:

/	/	/	/
Name	Date	Name	Date
/	/	/	/
Name	Date	Name	Date

Depending on the medical condition you may be entitled to a 504 plan. Please contact your building administrator for more information.