THE INDIANA ACADEMY FOR SCIENCE, MATHEMATICS, AND HUMANITIES

*This page is required **ONLY** if your child has a current diagnosis of Diabetes OR your provider may provide his/her own Action Plan*

2020-2021

DIABETES ACTION PLAN: Residential & Non-Residential Students

- ***This section MUST be completed by the Diabetes Care Provider (not the parent/guardian)***

Student's Name: _____

PLEASE CHECK ALL THAT APPLIES:

_____ Type 1 _____ Type 2 Blood Glucose Target Range: _____

Does student have an Insulin Pump? ____ Yes ____ No_____ Type of Pump (if applicable): _____

Blood Sugar Testing Times: _____ before all meals _____ at bedtime _____ Other (please list):

Diabetes Medication:

Long Acting Insulin: _____ Yes _____ No Name/Dosage/Frequency: _____

Short Acting Insulin: _____ Yes _____ No Name/Dosage/Frequency: _____

Oral Medication: _____ Yes _____ No Name/Dosage/Frequency: _____

Corrective Dose Scale/Calculation (if applicable): _____ When to use scale/calculation: _____

Food Dose Scale/Calculation (if applicable): _____When to use scale/calculation: _____

Exercise/Sports Activity:

May participate in PE classes? _____ Yes _____ No

May participate in after school sports? _____ Yes _____ No

Student should not participate in exercise/physical activity if:

_____ Blood glucose is above _____ or below _____

_____ Ketones are moderate or large

_____ Other:

Hypoglycemia (conscious student):

Hypoglycemia is a blood sugar less than _____.

☐ Give immediate sugar source
- If BS is less than 50 give (2) sugar sources.
- 3-4 glucose tabs or ½ cup fruit juice or regular pop.

☐ Recheck BS & treat with a sugar source every 15-20 minutes until BS is in target range.
- If indicated, bolus for food eaten at meal.
- Do not give corrective dose after treatment for a low blood sugar.

☐ Notify parent/guardian of low blood sugar & treatment.

Hypoglycemia (unconscious or seizing student):

☐ Administer Glucagon _____ 1 vial _____ ½ vial
- If glucagon is not available, place frosting/glucose gel in the side of cheek & massage cheek

☐ Call 911

☐ Test blood sugar every 10 minutes until EMS arrives

☐ If student arouses & is able to swallow prior to EMS arriving, give sips of regular soda with crackers
- Do not give liquids while unresponsive

☐ Notify parent/guardian

Hyperglycemia:

Hyperglycemia is a blood sugar greater than: _____.

☐ If BS is greater than _____, check urine for ketones.
- See ketone management below.

☐ Encourage extra sugar-free liquids (water, diet drinks).

☐ Student should not participate in exercise-related activities if BS is greater than _____ and has moderate or large ketones.

Ketone Management:

Negative/Trace/Small Ketones:
- No additional insulin in required.
- Student may participate in exercise-related activities.
- Allow unrestricted bathroom privileges.
- Encourage extra sugar-free liquids (8 - 12 oz every ½ to 1 hour).
- Notify parent/guardian of elevated BS & ketone level.

Moderate/Large Ketones:
- **Notify diabetes provider and/or parent/guardian.**
- Student should NOT participate in exercise-related activities.
- Allow unrestricted bathroom privileges.
- Encourage extra sugar-free liquids (same as above)
- Notify parent/guardian.

Self-Administration: (please check one)

☐ Student can carry & use the medication listed above at school without supervision.

☐ Student needs supervision or assistance with the above medication at school.

Physician/Provider:

Address: _____Date: _____

Phone #: _____ Fax #: _____ Email: _____

Provider Signature: _____ Provider Printed Name _____

I, the parent/guardian, give permission for the school nurse and any pertinent staff caring for my child to follow this plan, administer medication and care for my child, contact the diabetes care provider if necessary and for this form to be faxed/emailed to my child's school or be shared with school staff per FERPA guidelines. I assume full responsibility for providing the school with the prescribed medication and delivery/monitoring devices:

Parent Signature: _____ Parent Printed Name _____

CC: Tina Brinkman, RN/Nikki Al Khatib, RN