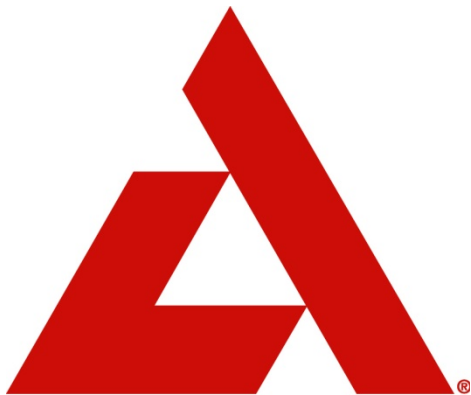


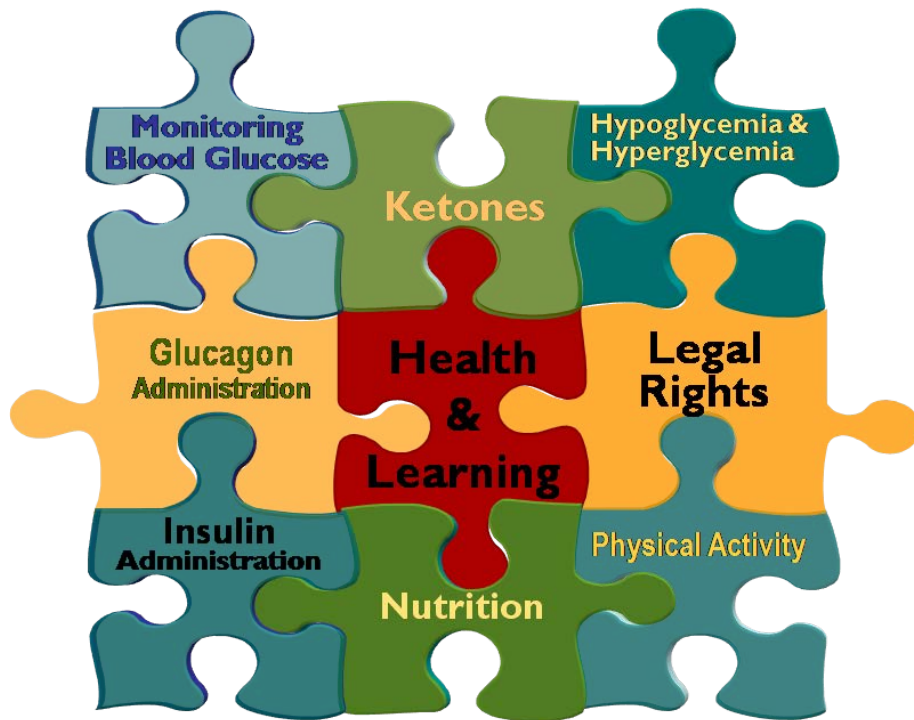
DIABETES CARE TASKS AT SCHOOL: What Key Personnel Need to Know



American Diabetes Association®
Cure • Care • Commitment®

DIABETES BASICS

Goal: Optimal Student Health and Learning



All school staff members should have basic knowledge of diabetes and know who to contact for help.

Learning Objectives

Participants will be able to understand:

- *What is diabetes?*
- *Why care at school is required*
- *Basic components of diabetes care at school*
- *Short and long term consequences of diabetes*

What is Diabetes?

In diabetes:

Body does not make or properly use insulin

Insulin is needed to:

Move glucose from blood into cells for energy

If insulin isn't working, high blood glucose results:

Energy levels are low

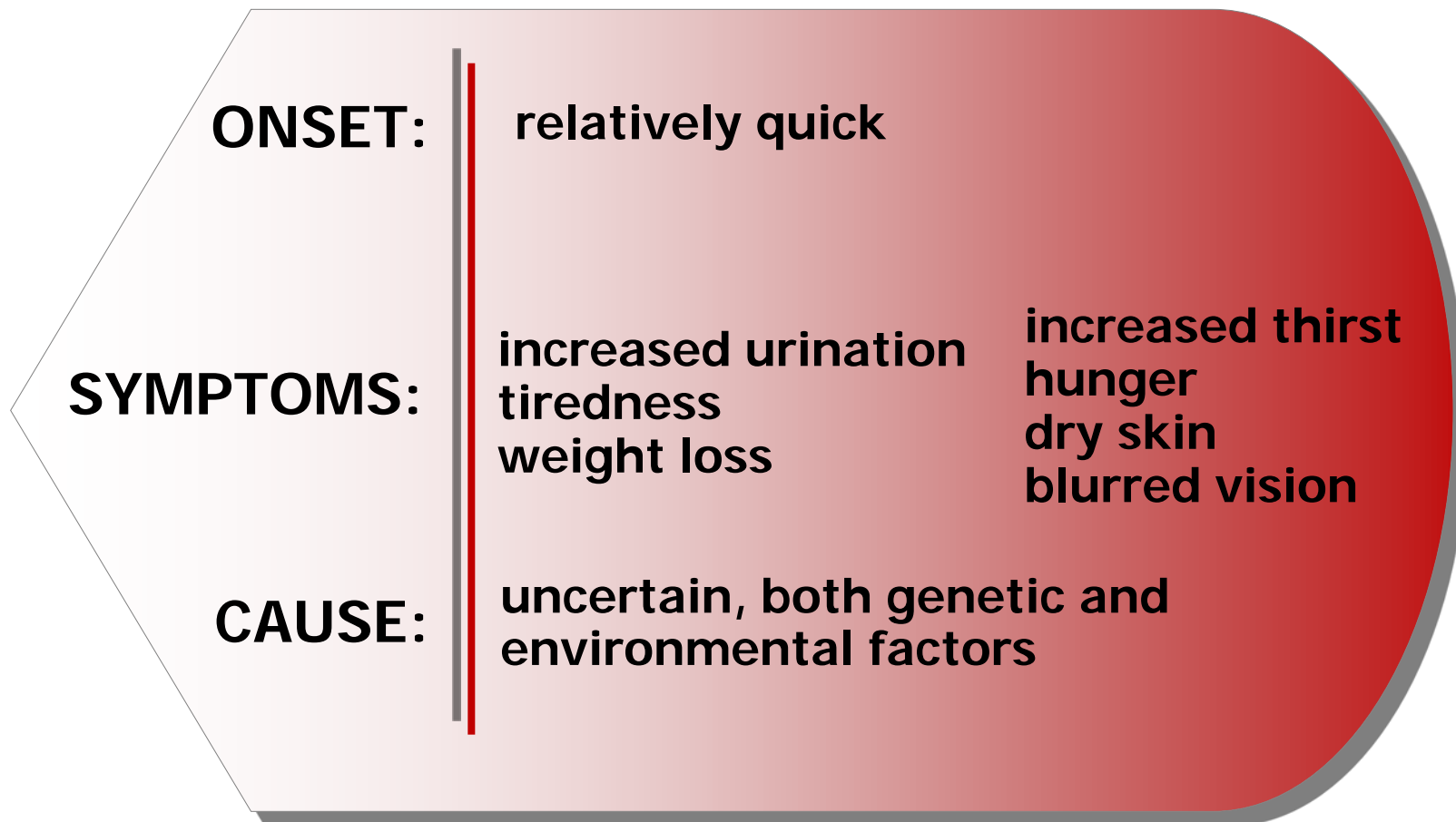
Dehydration

Complications

Type 1 Diabetes

- Autoimmune disorder
- Insulin-producing cells destroyed
- Daily insulin replacement necessary
- Age of onset: usually childhood, young adulthood
- Most common type of diabetes in children and adolescents

Type 1 Diabetes



Type 2 Diabetes

Insulin resistance – first step

Age at onset:

- Most common in adults
- Increasingly common in youth
 - *overweight*
 - *inactivity*
 - *genes*
 - *ethnicity*

Type 2 Diabetes

ONSET:

variable timeframe
for children

SYMPTOMS:

tired, thirsty, hunger,
increased urination

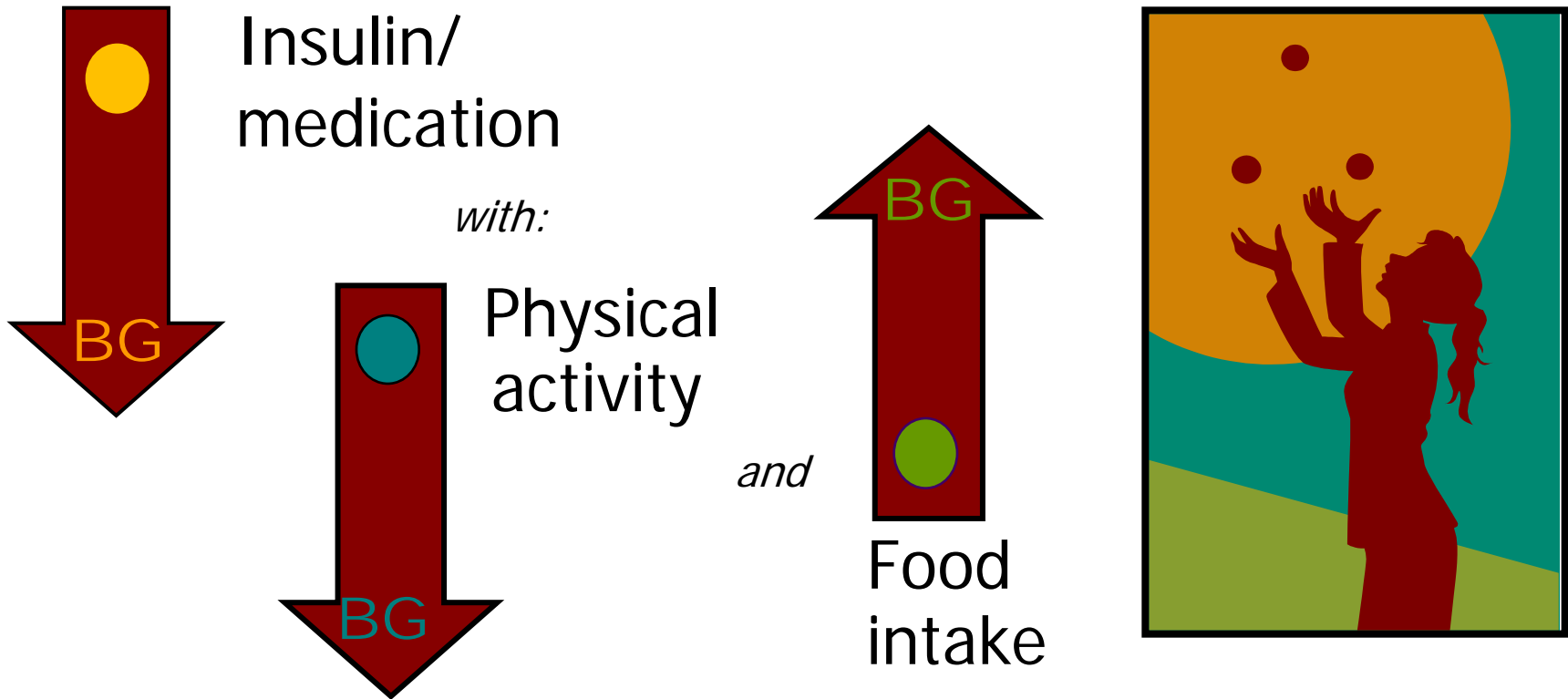
- **some children show no symptoms at diagnosis**
- **others are symptomatic with very high blood glucose levels**

Diabetes is Managed, But it Does Not Go Away.



GOAL:
Maintain target
blood glucose

Diabetes Management Constant Juggling - 24/7



Diabetes Management

Routine Care:

- Many students will be able to handle all or almost all routine diabetes care by themselves
- Some students will need school staff to perform or assist with routine diabetes care

Emergency Care:

- ALL students with diabetes will need help in the event of an emergency situation

Care in the Schools: School Nurses and Others

A School nurse is most appropriate to:

- Coordinate diabetes care
- Supervise diabetes care
- Provide direct care (when available)
- Communicate about health concerns to parent/guardian and health care team

However, a school nurse is not always available.

Non-medical school staff can be trained to assist students:

- For both routine and emergency care
- Including insulin and glucagon administration



Diabetes Medical Management Plan (DMMP)

- Basis for all school-based diabetes care plans
- Developed by student's personal health care team and parent/guardian
- Signed by a member of student's personal health care team
- Individualized
- Implemented collaboratively by the school diabetes team:
 - *School nurse*
 - *Student*
 - *Parent/guardian*
 - *Other school personnel*

Where to Get More Information

American Diabetes Association

1-800- DIABETES

www.diabetes.org

National Diabetes Education Program/NIH

www.ndep.nih.gov