

Lincoln Park Performing Arts Charter School

Health Services

DIABETES ACTION PLAN

THE SCHOOL WILL USE THIS INFORMATION AS A DIABETES ACTION PLAN TO PROVIDE THIS STUDENT'S CARE AND TREATMENT AT SCHOOL

Student Name _____ DOB _____ GR _____
Address _____ City _____ Zip _____
Parent/Guardian _____ E-mail _____
Home Phone _____ Work Phone _____ Cell Phone _____
Emergency Contact _____ Relationship _____ Phone _____
Child's Diabetes Physician _____ Phone _____
Student has ☐ Type 1 Diabetes ☐ Type 2 Diabetes
Notify parents/guardian in the following situation: _____

LOW BLOOD GLUCOSE or hypoglycemia can be dangerous. If the student thinks their blood glucose is low, please allow him/her to check in the classroom or in the health office. If the student goes to the health office, **someone must accompany him/her**. My typical symptoms of low blood glucose include: _____



If my blood glucose is less than: ☐ 70mg/dl or ☐ ____ mg/dl **I NEED TO EAT FAST-ACTING GLUCOSE QUICKLY**

- 1) Give ____ grams carbohydrate of one of the following (check):
☐ ____ # of crackers ☐ ____ oz juice ☐ ____ gm of glucose gel ☐ ____ glucose tablets ☐ other _____
- 2) If symptoms continue, retest in 30 minutes
- 3) If blood glucose remains less than ____ mg/dl, retreat with _____
- 4) Repeat above steps as needed
- 5) Troubleshoot the cause(s) of the low blood sugar if possible



If my blood glucose drops too low, I may be confused/unable to follow commands, unable to swallow, unconscious, or have a seizure. Glucagon is not life threatening even if it is given when not needed.

- 1) **Do not** give me anything by mouth.
- 2) **Give me Glucagon** Dose (check) ☐ 0.5mg or ☐ 1.0 mg (Kept in Health Office)
- 3) Position me on my side, as there is risk of vomiting. Stay with me; do not leave me alone.
- 4) Contact school nurse, parent/guardian and 911 if necessary.
- 5) Check blood glucose and no physical activity for ½ hr after use

HIGH BLOOD GLUCOSE is hyperglycemia. Symptoms include frequent urination and increased thirst. Severe cases of hyperglycemia can lead to ketoacidosis if left untreated. Ketoacidosis is life threatening and needs immediate treatment. Symptoms include shortness of breath, breath that smells fruity, nausea/vomiting and very dry mouth.

- 1) If blood sugar is above 240, student must test for ketones in the health office
- 2) Administer inulin as ordered and encourage student increase water intake
- 3) Recheck blood sugar in 2 hours

THE SCHOOL NURSE MAY CONTACT THE DOCTOR LISTED ABOVE TO DISCUSS ANY QUESTIONS IN REGARD TO STUDENT'S DIABETES

Parent/Guardian Signature _____ Date: _____

THE SCHOOL NURSE MAY SHARE THIS INFORMATION WITH STUDENT'S TEACHERS.

Parent/Guardian Signature _____ Date: _____

HYPOGLYCEMIA/HYPERGLYCEMIA

Hypoglycemia means that the blood sugar is too low, usually less than 70 mg/dl. A hypoglycemic reaction may occur in a person who is taking medications for diabetes. It does not typically occur in someone whose diabetes is controlled by diet and exercise alone. Hypoglycemia is caused by anything that lowers blood sugar to levels that are below normal, such as too much exercise, too little food or too much medicine.

What are the symptoms of low blood sugar (hypoglycemia)?

If you have low blood sugar, you may feel:

- Sweaty
- Nervous or anxious
- Weak
- Fast heartbeat
- Numb around your nose or mouth
- Irritable
- Headache
- Confused
- hungry

“Hyperglycemia means high blood sugar.” Any value higher than the target ranges (more than 115 mg/dl fasting or more than 140 mg/dl 2 hours after a meal) is considered high.

Sometimes people notice symptoms only when their blood sugar is very high, others notice symptoms if their blood sugar is up just a bit. Some symptoms of high blood sugar include:

- Frequent urination
- Feeling weak or tired
- Blurred vision
- Dry mouth
- Thirsty

If blood sugar readings are high for a few days, you may also feel hungry or dizzy when you stand. Others may notice you are getting confused. This is an emergency situation and you should go to the hospital/call 911 right away.