

Blood glucose ranges will vary day to day for the individual with diabetes and will be dependent on a number of factors such as:

<ul style="list-style-type: none"> • Insulin • Age • Level of activity • Type / Quantity of food 	<ul style="list-style-type: none"> • Stress • Growth Spurts • Puberty
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Parents will discuss insulin doses and any adjustments that need to be made with the hospital treating team.

Eating and Drinking

- The child/student should eat meals/snacks every 2-3 hours
- Younger children will require supervision to ensure all food is eaten
- The child/student should not exchange meals with another child/student
- Seek parents/guardians advice regarding appropriate foods for parties/celebrations that are occurring whilst in your care
- Allow access to drinking water and toilet at all times (high blood glucose levels can cause increased thirst and urination)
- The child/student has **coeliac disease**:
No
Yes Seek parents/guardians advice regarding appropriate foods and hypo treatments

Physical Activity and Swimming

- Physical activity usually **lowers** blood glucose. The drop in blood glucose may be immediate or delayed as much as 12-24 hours.
- The child will require an extra serve of sustaining carbohydrate before every 30 minutes of physical activity. (Available from sport/activity box)
- Vigorous activity should not be undertaken if BGL >15mmol **and** blood ketones >0.6mmol.
- A blood glucose meter and hypo treatment should always be available. If a hypo does occur (BGL <4.0mmol/L) treat as per action plan.
- **Prior to swimming, 1 serve of fast acting carb needs to be eaten before every 30 mins of swimming activity**

Excursions and Camps

It is important to plan ahead for extracurricular activities and consider the following:

- Ensure BG meter, hypo and activity food are readily accessible during the excursion day
- Diabetes care is carried out as usual during excursions off-site school premises
- Always have extra hypo treatment available
- Permission maybe required to eat on bus – inform bus company in advance
- Staff /parents/guardians to collaborate and plan well in advance of the activity.
- Additional supervision will be required for swimming and other sporting activities (especially for younger children/students) either by a 'buddy' teacher or parent/guardian
- Early and careful planning with parents/guardians and medical team is required prior to school camps and **a specific management plan for camps is required.**
- Students are best able to attend camps when they are reliably independent in the management of their diabetes otherwise a parent/guardian or registered school nurse must attend.
- Investigate local medical services

Exams and tests

- BG should be checked prior to an exam or test at school
- BG should be >4mmol/L
- Blood glucose meter and hypo food should be available in the exam setting if required
- Considerations for extra time if a hypo occurs should be discussed in advance
- Applications for special consideration for VCE exams should be attended to at the beginning of year 11 and 12 – check VCAA requirements

Extra supplies provided for diabetes care at school

Insulin and syringes/pens

Finger prick device

Glucose/Blood Ketone Strips

Blood Glucose Meter

Hypo Food / Sport/Activity Box

Agreements

I have read, understood and agree with this plan. I give consent to the school to communicate with the treating team about my child's diabetes management at school.

Parent/Guardian

First name (please print) Family name (please print) **Signature** _____ **Date** _____

RN (Credentialled) Diabetes Nurse Educator

First name (please print) Family name (please print) **Signature** _____ **Date** _____

School Representative

Name: _____
First name (please print) Family name (please print)

Role: Principal Vice principal

Signature _____ **Date** _____