

DIABETES ACTION PLAN 2020 SCHOOLSETTING

Insulin Pump

Use this plan in conjunction with Diabetes Management Plan. This plan should be reviewed every year.

LOW Hypoglycaemia (Hypo)

Blood glucose level (BGL) less than **4.0 mmol/L**

SIGNS AND SYMPTOMS

Pale, headache, shaky, sweaty, dizzy, changes in behaviour

Note: Symptoms may not always be obvious

HIGH Hyperglycaemia (Hyper)

Blood Glucose Level (BGL) greater than or equal to **15.0 mmol/L** requires additional action

SIGNS AND SYMPTOMS

increased thirst, extra toilet visits, poor concentration, irritability, tiredness

Note: Symptoms may not always be obvious.

STUDENT'S NAME _____

GRADE / YEAR _____

DATE OF BIRTH _____

NAME OF SCHOOL _____

Place
photo of
Student
here

**DO NOT LEAVE STUDENT ALONE
DO NOT DELAY TREATMENT**

MILD

Student conscious
(Able to eat hypo food)

Step 1: Give fast acting Carbohydrate

e.g. _____

Step 2: Recheck BGL in 15 mins

If BGL less than 4.0 mmol/L,

Repeat **Step 1**

If BGL greater than or equal to 4.0, go to **Step 3**

Step 3a: If starting BGL between 3.0 - 4.0 mmol/L, No follow up long acting carbohydrate required. See Management Plan.

Step 3b: If starting BGL less than 3.0 mmol/L, Give long acting carbohydrate and do not bolus for this.

SEVERE

Student drowsy /
unconscious
(Risk of choking /
unable to swallow)

- **First Aid DRSABCD**
- Stay with unconscious student
- **Administer Glucagon if available**

**CALL AN
AMBULANCE
DIAL 111**

Contact parent/carer
when safe to do so.

Check Blood ketones. Blood ketones greater than or equal to **0.6 mmol/L** requires immediate treatment. **Correction Factor 1: mmol/L**

Blood ketones less than 0.6

- Enter BGL into pump
- Accept Correction bolus
- 1 -2 glasses water per hour; extra toilet visits may be required
- Re-check BGL in 2 hours

BGL less than 15.0 and ketones less than 0.6
No further action.

BGL still greater than or equal to 15.0 and ketones less than 0.6
POTENTIAL SITE FAILURE

Blood Ketones greater than or equal to 0.6 POTENTIAL SITE FAILURE

- Contact Parent/ Caregiver for further advice
- Will need injected insulin and set change
- This is the parent/caregiver responsibility or student (if they have the required insulin)

**IF UNABLE TO CONTACT
PARENT/ CARER
CALL AN
AMBULANCE
DIAL 111**

**IF UNWELL (E.G. VOMITING), CONTACT
PARENT/CAREGIVER TO COLLECT STUDENT**

INSULIN The insulin pump continually delivers insulin. The pump will deliver insulin based on carbohydrate food amount and BGL entries. All BGLs must be entered into the pump.

Pump Button pushing:

- ☐ with assistance
- ☐ with supervision
- ☐ independently

THIS STUDENT IS WEARING

- ☐ Continuous Glucose Monitoring (CGM)
- ☐ Flash Glucose Monitoring (FGM)

ROUTINE BGL CHECKING TIMES

These are still required if student wearing CGM/FGM

- Anytime, anywhere in the School
- Before morning tea and before lunch
- Anytime hypo is suspected
- Before exams or tests
- PHYSICAL EDUCATION / SPORT**
- Check BGL before physical education/sport
- 10-15g long-acting carbohydrate food before every 30 mins of planned activity
- DO NOT BOLUS for this carbohydrate
- Vigorous activity should **not** be undertaken if BGL \geq 15.0 and blood ketones are \geq 0.6 and/or student is unwell. **Refer to Management plan**

PARENT/CARER NAME _____

CONTACT No _____

DATE _____

TREATING MEDICAL TEAM _____

CONTACT No _____