

**DIABETES MEDICAL MANAGEMENT PLAN**

**STUDENT/CONTACT INFORMATION**

Student Name:		DOB:	Diabetes Type:	Date Diagnosed:
School Year: 2022-2023	Effective Date:		School:	Grade:
Parent/Guardian #1:	Primary #:	Secondary #:	Email:	
Parent/Guardian #2:	Primary #:	Secondary #:	Email:	
Other Emergency Contact:	Primary #:	Secondary #:	Relationship:	
Diabetes Healthcare Provider:			Phone #:	Fax #:

**DIABETES SELF-CARE ASSESSMENT**

**Student can carry DM supplies:**  Yes  No

Task	N/A	Needs Assistance	Needs Supervision	Independent (requires no help/supervision for routine care)
Performs and Interprets Blood Glucose Checks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calculates Carbohydrate Grams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Determines Correction Dose of Insulin for High Blood Glucose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Determines Insulin Dose for Carbohydrate Intake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Administers Insulin by pump or injection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Troubleshoots alarms and malfunctions if using insulin pump	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Disconnects/reconnects pump site or pod if needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Programs pump basal rates/sets temporary rates if needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Changes insulin pump infusion site/pod if needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Responds to CGMS alarms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**BLOOD GLUCOSE MONITORING AT SCHOOL**

Target BG range: ___ to ___	<b>*Notify parent if BG is below _ mg/dL or over _ mg/dL*</b>
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**Check blood glucose level:**

Before Breakfast (if child did not eat or receive insulin at home).     Before Lunch  
 Before Mid-AM Snack                       Before Mid-PM Snack  
 Before Physical Activity                       After Physical Activity                       Before Dismissal  
 As Needed for Signs/Symptoms of High/Low BG/Illness                       Other BG Check: \_\_\_\_\_

**CONTINUOUS GLUCOSE MONITOR SENSOR (CGMS)**

**Continuous Glucose Monitor Sensor (CGMS):**  N/A  Yes, Brand/Model: \_\_\_\_\_

CGMS works with pump to:  Suspend basal insulin due to predicted low BG  
 Increase/decrease/suspend basal &/or bolus due to predicted high/low BG.

Low Glucose Alert Setting: \_\_\_\_\_ mg/dL                       CGMS is remotely monitored by parent.

High Glucose Alert Setting: \_\_\_\_\_ mg/dL                      School clinic staff to assist student with alarms as needed

**Sensor readings can be used for calculation of insulin unless there are 2 up or down trend arrows or student presents with signs/symptoms of high/low blood glucose regardless of CGMS value.**

**Confirm CGM sensor glucose with BG check if this occurs.**

Notify parent if CGMS site is painful, draining/bleeding, inflamed, or irritated.

**LOW BLOOD GLUCOSE (HYPOGLYCEMIA) MANAGEMENT**

**Management of Low Blood Glucose below \_\_\_\_ mg/dL (or below 70 mg/dL if not specified)**

Student's Usual Signs and Symptoms (Guardian to fill out all that apply):

<input type="checkbox"/> Shakiness	<input type="checkbox"/> Sweating	<input type="checkbox"/> Paleness	<input type="checkbox"/> Rapid Heartbeat	<input type="checkbox"/> Numbness/Tingling	<input type="checkbox"/> Irritability/Mood Change	<input type="checkbox"/> Fatigue
<input type="checkbox"/> Headache	<input type="checkbox"/> Inattention/Confusion	<input type="checkbox"/> Slurred Speech	<input type="checkbox"/> Poor Concentration	<input type="checkbox"/> Seizure	<input type="checkbox"/> Loss of Consciousness	<input type="checkbox"/> Other:

**Low Blood Glucose Treatment:**

If student is awake and able to swallow/control airway:

1. Give 15 grams of fast-acting carbohydrates such as:  
4 oz fruit juice 3-4 glucose tablets 5 oz. regular soda 8 oz. low fat milk 15 gm tube glucose/cake gel
2. Re-check blood glucose every 15 minutes and re-treat until blood glucose is over \_\_\_\_ mg/dL.
3. Treat with 15 grams of solid carbs or follow with scheduled meal once blood sugar is over \_\_\_\_ mg/dL.
4. Delay exercise if blood glucose is below \_\_\_\_ mg/dL (or 100 mg/dL if not specified).

If student is unresponsive, having a seizure, or unable to control airway, **call 911 immediately and notify parents.**

Position student on their side if possible & have trained personnel administer emergency medication listed below:

- Glucagon/Glucagen** IM  0.5mg  1.0mg                      **Zegalogue** subq  0.6mg  
**Gvoke** subq  0.5mg  1.0mg  
**Baqsimi** intranasal  3 mg     Give 15gm tube glucose/cake gel

**If on a pump, place pump in suspend/stop mode or disconnect/cut tubing. Send pump with EMS.**

Contact diabetes healthcare provider if unable to reach parents within 20 minutes if severe hypoglycemia or low BG treatment is ineffective.

**HIGH BLOOD GLUCOSE (HYPERGLYCEMIA) MANAGEMENT**

**Management of High Blood Glucose over \_\_\_\_ mg/dL (or above 300 if not specified)**

Student's Usual Signs and Symptoms (Guardian to fill out all that apply):

<input type="checkbox"/> Increased Thirst	<input type="checkbox"/> Increased Urination	<input type="checkbox"/> Headache	<input type="checkbox"/> Fatigue/Drowsiness	<input type="checkbox"/> Dry Skin	<input type="checkbox"/> Weakness/Muscle Aches	<input type="checkbox"/> Blurred Vision
<input type="checkbox"/> Nausea/Vomiting	<input type="checkbox"/> Abdominal Pain	<input type="checkbox"/> Dizziness	<input type="checkbox"/> Fruity Breath Odor	<input type="checkbox"/> Altered Breathing	<input type="checkbox"/> Other:	<input type="checkbox"/> Other:

**High Blood Glucose Treatment:**

1. See correction insulin instructions under "Diabetes Medications at School" below.
2. Give 8 oz. of water or other sugar-free liquids/water if not vomiting. Allow frequent bathroom privileges.
3. Check ketones if blood glucose over \_\_\_\_ mg/dL (or over 300 mg/dL if not specified) **AND/OR** complaints of illness, stomachache or nausea/vomiting.

**Negative-Small Ketones (blood 0-1mmol/L) without symptoms:**

Notify parent for positive ketones. Student may return to class with frequent bathroom privileges.

**Moderate-Large Ketones (blood over 1mmol/L):**

Notify parent. Stay with student and repeat ketone check with each void or in one hour.

4. Parent to pick up student if experiencing symptoms of illness (as defined above).
5. **Parent to pick up student if moderate-large ketones persist after one hour regardless of symptoms.**
6. *Advise parent to call diabetes care provider for further instructions if picked up due to ketones &/or symptoms*
7. **If you are unable to reach parent to pick up student, call EMS.**
8. Delay exercise if blood glucose is over \_\_\_\_ mg/dL (over 300 mg/dL if not specified) **OR** mod-large ketones
9. Re-check blood glucose in \_\_\_\_ minutes if previous blood sugar was over \_\_\_\_ mg/dL.

**ADDITIONAL CONSIDERATIONS FOR STUDENT WITH AN INSULIN PUMP**

- Any glucose over \_\_\_\_, check ketones. Follow high blood glucose instructions. If moderate to large ketones and/or symptoms of hyperglycemia, give correction dose by injection and have trained person change infusion set. If ketones negative or trace, please give correction dose with pump, retest blood glucose in 1 hour to verify pump is working and blood glucose level is decreasing. Notify parent if assistance needed and/or if ketones are moderate to large.
- Inspect pump site, tubing/pod in event of alarms, high blood glucose, or student complains of pain at infusion site. Contact parent if pump site dislodged or leaking.
- If student experiences severe hypoglycemia, suspend/remove pump or cut tubing. Send non-disposables with EMS to hospital.

**ADDITIONAL TIMES TO NOTIFY PARENT/GUARDIAN/PROVIDER**

- Student refusing medication.  Correction dose given less than 1 hour before dismissal.
- Student unavoidably detained at school  Unusual reaction to any diabetes medication.
- School Activity that would impact timing or delivery of snack/meal or insulin  Other: \_\_\_\_\_

**DIABETES MEDICATION AT SCHOOL**

Insulin Delivery Method:  n/a  Vial  Pen  Smartpen  Pump

Rapid-Acting Insulin Brand:  Humalog  NovoLog  Apidra  Admelog  Fiasp  May substitute brand if needed

Fixed Rapid-Acting Insulin Dose to be given with meals:  n/a  \_\_\_ units  Add fixed dose to Correction Scale

<input type="checkbox"/> <b>Mealtime Insulin Sliding Scale</b> (Only for meal times)	<input type="checkbox"/> <b>Correction Only Formula (Instead of Scale) give before meals unless instructed differently in meals/snacks section</b> <b>Times:</b> <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Other: _____
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<i>If blood glucose:</i> _____ to _____ give _____ units	Target Blood Glucose (BG) = _____ mg/dL
_____ to _____ give _____ units	Correction (Sensitivity) Factor = _____ mg/dL
_____ to _____ give _____ units	(Blood Glucose-Target BG) ÷ Correction Factor = # of units to correct high BG i.e. (Current BG- _____) ÷ _____ = # units
_____ to _____ give _____ units	<input type="checkbox"/> Give correction dose if over ___ hours since last dose. (For injections)
_____ to _____ give _____ units	<input type="checkbox"/> Add correction dose to Flexible Carb Coverage per "Meals/Snacks" below
_____ to _____ give _____ units	<input type="checkbox"/> Round to nearest <input type="checkbox"/> 0.5 unit <input type="checkbox"/> 1 unit (For injections)
_____ to _____ give _____ units	<input type="checkbox"/> Always round fraction down (For injections)
_____ to "HI" give _____ units	<input type="checkbox"/> Insulin Pump or <input type="checkbox"/> InPen will calculate dose if using. Give correction of carb coverage dose as needed per pump or Smartpen recommendations.

Other diabetes medication(s) to be taken at school:  n/a (Type/Dose/Time)

Give insulin for food once blood sugar is over \_\_\_\_\_ mg/dL following treatment for a low.

**Parent/Guardian authorization to adjust insulin dose:**  n/a

May increase or decrease insulin dose within the following range: +/- \_\_\_ units of insulin.

May extend bolus: \_\_\_ - \_\_\_ % delivered now, and extended portion given over \_\_\_ - \_\_\_ minute duration.

**MEALS/SNACKS**

Meal/Snack	Time	Carbohydrate Target <input type="checkbox"/> As desired	Flexible Carb Coverage (Insulin: Carb Ratio +/- Correction)	
<input type="checkbox"/> Breakfast (if child did not eat or receive insulin at home)	_____	_____ grams	1 unit: _____ grams	<input type="checkbox"/> Add Correction
<input type="checkbox"/> Mid AM Snack	_____	_____ grams	1 unit: _____ grams	<input type="checkbox"/> Add Correction
<input type="checkbox"/> Lunch	_____	_____ grams	1 unit: _____ grams	<input type="checkbox"/> Add Correction
<input type="checkbox"/> Mid PM Snack	_____	_____ grams	1 unit: _____ grams	<input type="checkbox"/> Add Correction
<input type="checkbox"/> Before/After Physical Activity	_____	_____ grams	1 unit: _____ grams	<input type="checkbox"/> Add Correction
<input type="checkbox"/> Other: _____	_____	_____ grams	1 unit: _____ grams	<input type="checkbox"/> Add Correction

<input type="checkbox"/> Meal/snack should be timed at least ___ hours after last meal/snack if BG to be checked.	<input type="checkbox"/> Pre-meal insulin can be given after meal based on pre-meal BG if student's carbohydrate intake is unpredictable.	<input type="checkbox"/> Pre-meal insulin can be given after meal if BG is below 80.
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Following Gluten-Free Diet.  
Further dietary meal plan instructions may need documentation based on county guidelines.

**DISASTER PLAN**

**In case student's normal diabetes management routine and support is disrupted by unexpected emergency:**  
 Re-unite student as soon as safely possible with diabetes supplies/emergency kit and trained caregiver/parent.  
 Keep student as well-hydrated as possible and keep rapid-acting carbohydrate with student.

Student able to self-manage during disaster conditions unless incapacitated.

Contact parent/ diabetes team for additional instructions.

**Keep disaster bags in all assigned classrooms where lockdowns occur.**

**SUPPLIES TO BE FURNISHED BY PARENT TO SCHOOL**

<input type="checkbox"/> BG strips, meter, lancets, lancing device	<input type="checkbox"/> Snacks: carb and carb-free	<input type="checkbox"/> Insulin pen/cartridges, pen needles	<input type="checkbox"/> Glucagon/ Glucagen/ Gvoke/Baqsimi	<input type="checkbox"/> Pump Infusion Sets/Pods	<input type="checkbox"/> Spare batteries/ Charging cord for meter/pump/CGM
<input type="checkbox"/> Ketone strips &/or blood ketone meter	<input type="checkbox"/> Insulin vial/ syringe	<input type="checkbox"/> Juice, glucose tabs/gel/ regular soda	<input type="checkbox"/> Other diabetes prescription meds	<input type="checkbox"/> Pump reservoirs/ cartridges	<input type="checkbox"/> Other: _____

**SIGNATURES/ PARENTAL CONSENT**

This Diabetes Medical Management Plan has been approved by:

Provider stamp

**Diabetes Healthcare Provider Signature:** \_\_\_\_\_

Date: \_\_\_\_\_

I (parent/guardian) understand that all treatments and procedures may be performed by the student and/or trained unlicensed assistive personnel within the school or by EMS in the event of loss of consciousness or seizure. I also understand that the school is not responsible for damage, loss of equipment, or expenses utilized in these treatments and procedures. I have reviewed this medical management plan and agree with the indicated instructions. This form will assist the school health personnel in developing a nursing care plan.

I consent to the release of the information contained in this Diabetes Medical Management Plan to all school staff members and other adults who have responsibility for my child and who may need to know this information to maintain my child's health and safety.

I also give permission to the school nurse or authorized school personnel to contact my child's diabetes healthcare provider when necessary.

**Parent Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**School RN:** \_\_\_\_\_

**Date:** \_\_\_\_\_