

Diabetes Education for School Staff

Scotia-Glenville Central School District
Scotia NY

September 2023

Learning Objectives:

Participants will be able to understand:

- What diabetes is
- How diabetes is managed at school
- A diabetic emergency and what to do for it
- Their responsibilities as a staff member

What is diabetes?

- Body is unable to make or properly use insulin
- Insulin is a hormone produced by the pancreas
- Insulin is needed to convert sugar, starches and other food into energy in the body's cells
- Without working insulin, glucose builds up in the blood (high blood sugar)

Types of Diabetes

- Type 1
 - Auto-immune disorder
 - No insulin is produced; insulin must be replaced daily
 - Common in children and adolescents
- Type 2
 - Not enough insulin or body is less responsive to insulin it makes (insulin “resistance”)
 - Common in adults – increasing in children (overweight and inactivity)

How is diabetes managed?

- Managed (vs. treated) – No cure!
- People with both types must manage diet, activity and medications
- Blood sugar must be monitored frequently throughout the day

How is Insulin Given?

- Insulin is replaced by injection
 - syringe or a pen
 - insulin pump – continuous delivery of insulin
 - Small amt all the time (basal)
 - Larger amount before eating based on carbohydrates (bolus) “Carb Count”

GOAL: Maintain Good Glucose Control!

- Essential for optimal learning, as well as growth and development
- To prevent dangers of high or low blood sugar

A Balancing Act...

Insulin/Medication - ↓ blood sugar

Physical Activity - ↓ blood sugar

Food - ↑ blood sugar

What are the implications for school?

- Safety
- Blood glucose testing ANYWHERE
- Ability to learn
- Energy level
- Communication
 - All food related activities
- Unlimited access to drinking water and bathroom

Who is responsible?

- Student
- Teacher
- Support Personnel
- Administrator
- Health Care Provider
- Nurse
- Parent

EVERYONE IS RESPONSIBLE!

LOW blood sugar (hypoglycemia)

- Why does it happen?
 - Too much insulin
 - Missing or delaying meals or snacks
 - Extra, intense or unplanned activity
- What to look for...
 - Hypoglycemia handout
- What to do...
 - **NEVER leave the student alone!**
 - Call the nurse
 - Assist student to test blood sugar – if not possible...
TREAT with a source of QUICK sugar
 - Juice box, candy, glucose tablets, soda (not diet!!)
 - **When in doubt – TREAT!!! You will do NO HARM!**

Emergencies

- **Glucagon for unconscious student**
 - Willing school personnel may be trained to give glucagon to specific student
 - Glucagon comes in several forms
 - Call 9-1-1 if given
 - Annual training (minimum) with refreshers

Red “Health Alerts” Folder









HYPOGLYCEMIA (Low Blood Glucose)

Cause: Too little food or too a
meal, too much insulin or diabetes
pills, more active than usual

Effect: Often sudden, may pass
out if untreated

SYMPTOMS

 SWEATING	 HEAD	 SHAKY	 BLURRY
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NURSE PHONE _____



Emergency Care Plan

NAME: _____ GRADE: _____
 SEX: _____ BIRTH DATE: _____
 HOME PHONE: _____ SCHOOL PHONE: _____

MEDICAL EMERGENCIES IN SCHOOL

A reference guide for staff

What to look for ...

Other Concerns

- Remember ... CHILD first, diagnosis second
- HIGH blood sugar
 - Needs attention, treatment, monitoring
 - Nurse to handle this situation

What are the responsibilities of staff members?

- Learn about diabetes
- Collaborate/communicate with the school nurse
- Provide supportive accommodations in classroom
- Recognize that changes in behavior can be a symptom of blood sugar changes – **SEEK HELP!**
- Review the Emergency Care Plan often
 - Make sure substitutes know where it is

Staff Responsibilities (cont.)

- Treat the child with diabetes like any other child, except when meeting specific medical needs
- Respect the student's right to privacy
- **Ask questions if you are unsure of anything!**

References

- New York State Department of Health. (2013). Children with Diabetes - A resource guide for families and schools.
- U.S. Department of Health and Human Services. (2010). Helping the Student with Diabetes Succeed – A guide for school personnel.
- American Diabetes Association. (2008). Diabetes Care Tasks at School: What Key Personnel Need to Know.

**Don't forget to sign
off on the Google
Form sent by
Catie Magil**

See your School Nurse with any questions!!