



Scotia - Glenville Diabetes Awareness Training

Annual Training

Learning Objectives

- I can define diabetes.
- I can explain how diabetes is managed at school.
- I can identify a diabetic emergency and how to respond.

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)





What to watch out for...

- Sweating
- Shakiness
- Hunger
- Nausea
- Dizziness
- Increased Thirst
- Headache
- Fatigue
- Increased Urination
- Irritability



Types of Diabetes



Type 1

- Autoimmune 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 the insulin it makes (“insulin resistant”)
- 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
- Unlimited access to drinking water and bathroom



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

LOW blood sugar (hypoglycemia)

Why does it happen?

Too much insulin

- Missing or delaying meals or snacks
- Extra, intense or unplanned activity

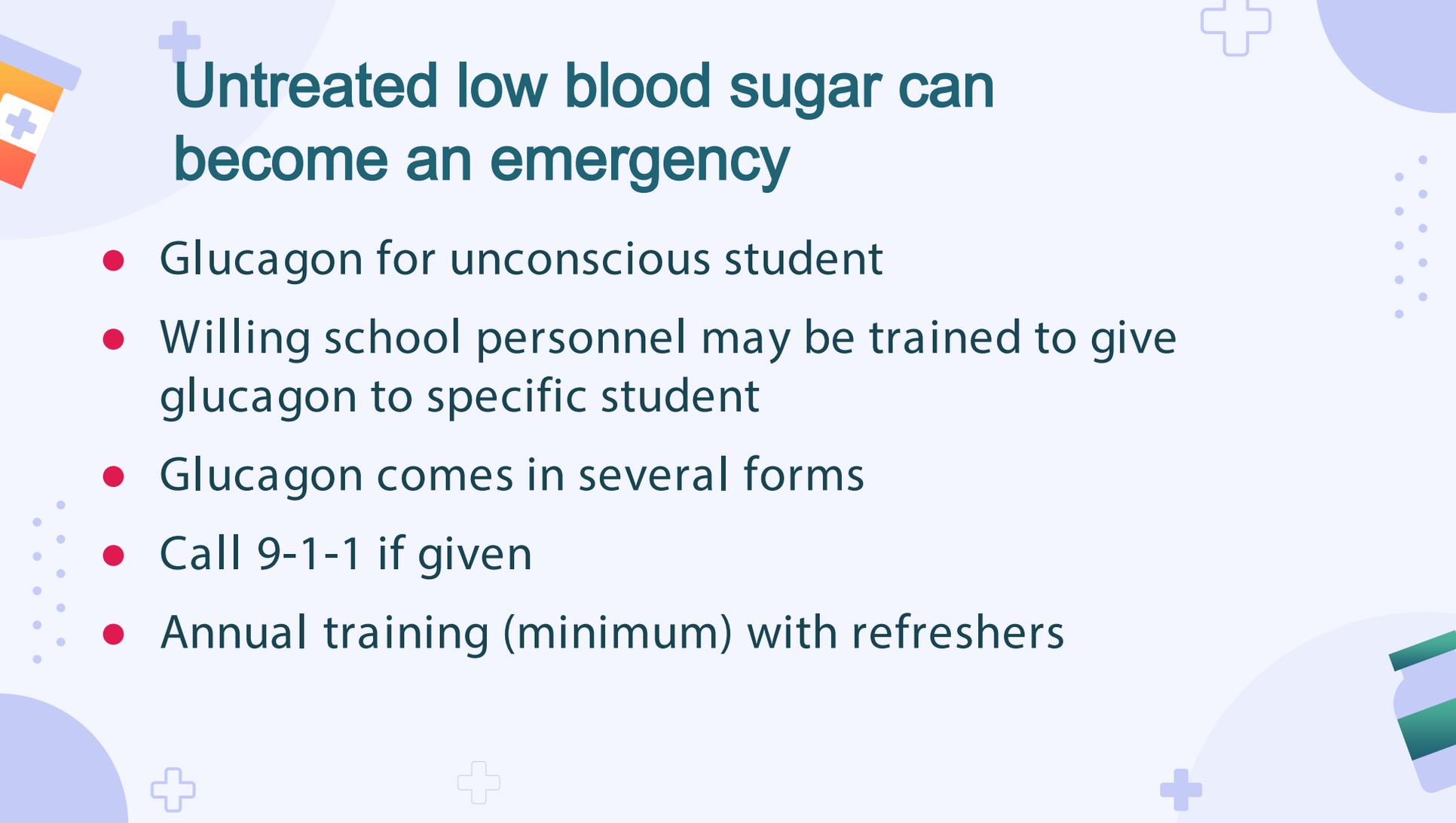
When in doubt –
**TREAT!!! You will do
NO HARM!**

What to do

NEVER leave the student alone!

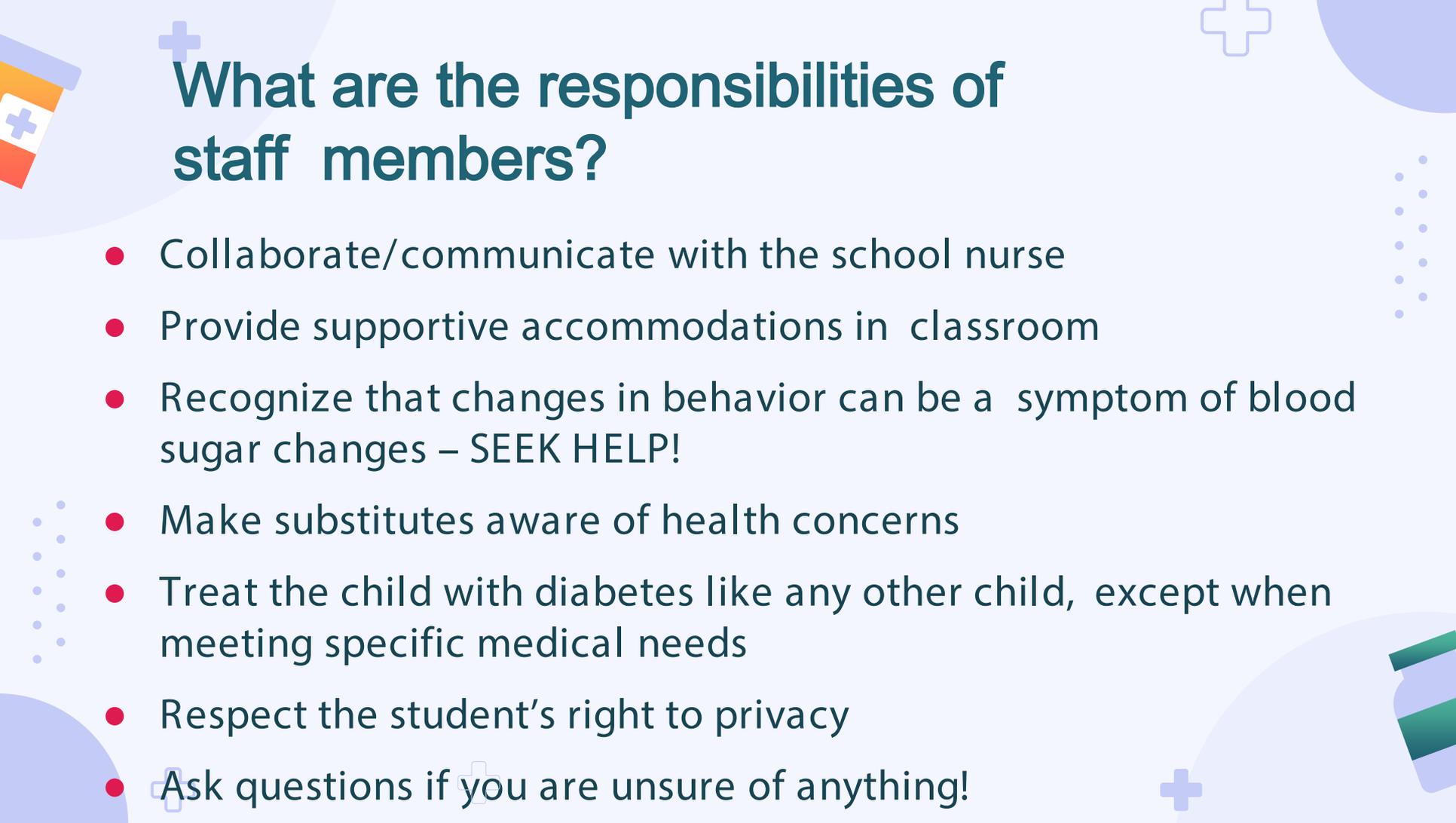
- Call the nurse
- Assist student to test blood sugar – if not possible...

TREAT with a source of QUICK sugar • Juice box, candy, glucose tablets, soda (not diet!!)



Untreated low blood sugar can become an emergency

- 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



What are the responsibilities of staff members?

- 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!
- Make substitutes aware of health concerns
- 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!

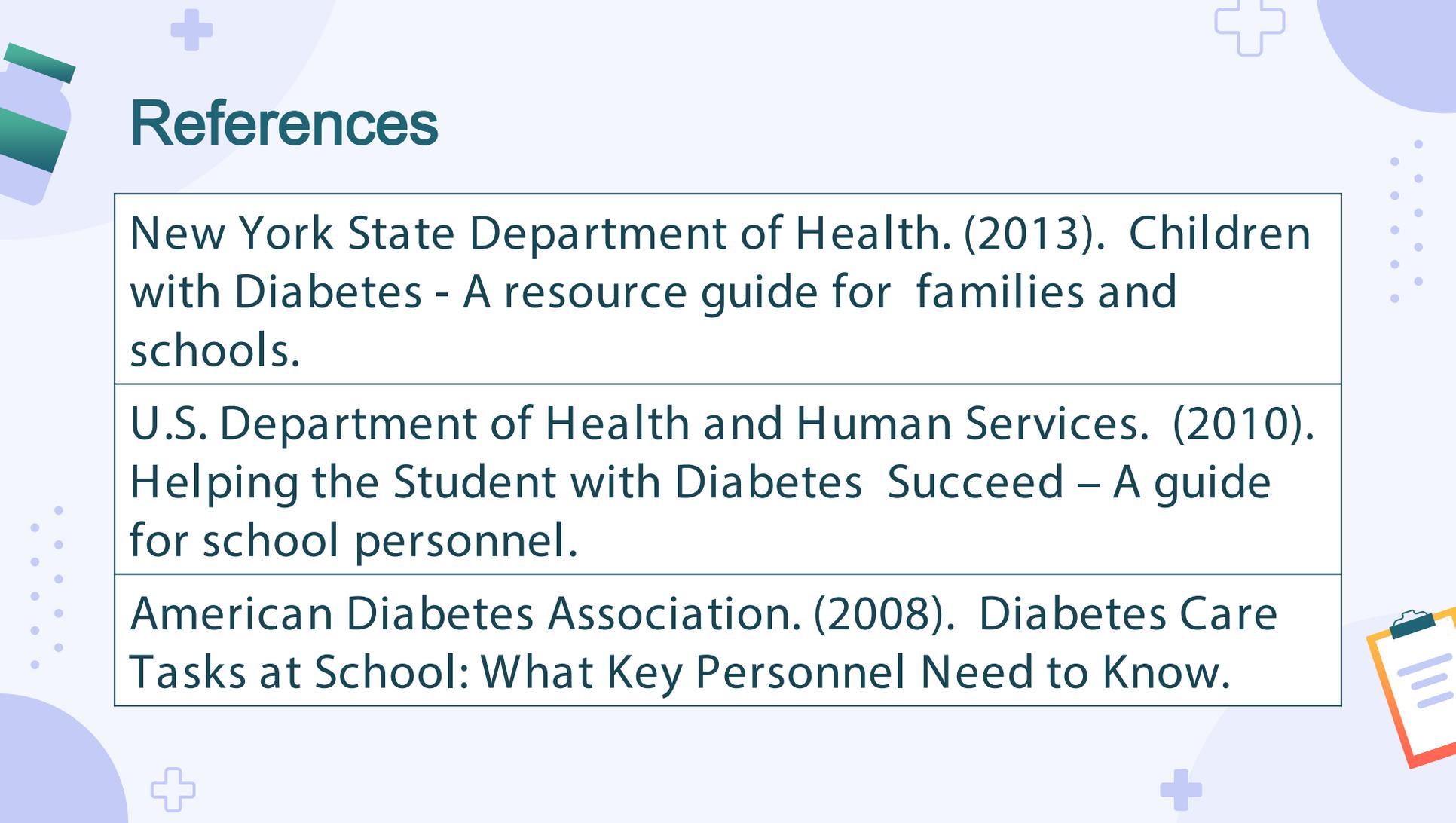


Don't forget to sign off on the Google Form!!

See your School Nurse with any questions!!

Thanks!!





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.

