

# DIABETES CARE TASKS AT SCHOOL: What Key Personnel Need to Know

DIABETES BASICS



**American Diabetes Association®**  
*Cure • Care • Commitment®*

# Goal: Optimal Student Health and Learning



All school staff members should have basic knowledge of diabetes and know who to contact for help.

# Learning Objectives

Participants will be able to understand:

- *What is diabetes?*
- *Why care at school is required*
- *Basic components of diabetes care at school*
- *Short and long term consequences of diabetes*

# What is Diabetes?

In diabetes:

*Body does not make or properly use insulin*

Insulin is needed to:

*Move glucose from blood into cells for energy*

If insulin isn't working, high blood glucose results:

*Energy levels are low*

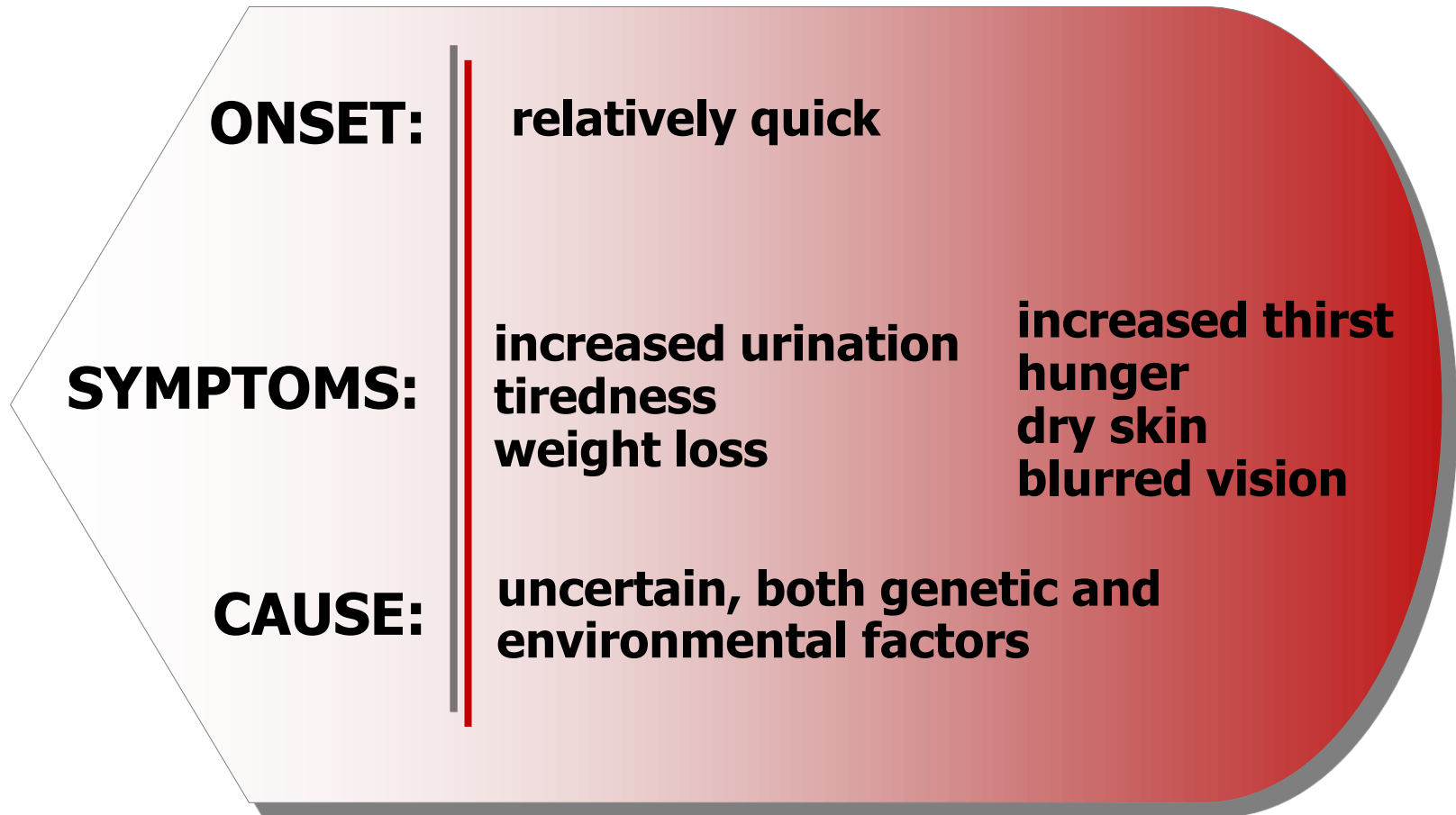
*Dehydration*

*Complications*

# Type 1 Diabetes

- Autoimmune disorder
- Insulin-producing cells destroyed
- Daily insulin replacement necessary
- Age of onset: usually childhood, young adulthood
- Most common type of diabetes in children and adolescents

# Type 1 Diabetes



# Type 2 Diabetes

Insulin resistance – first step

Age at onset:

- Most common in adults
- Increasingly common in youth
  - *overweight*
  - *inactivity*
  - *genes*
  - *ethnicity*

# Type 2 Diabetes

## **ONSET:**

variable timeframe  
for children

## **SYMPTOMS:**

tired, thirsty, hunger,  
increased urination

- **some children show no symptoms at diagnosis**
- **others are symptomatic with very high blood glucose levels**

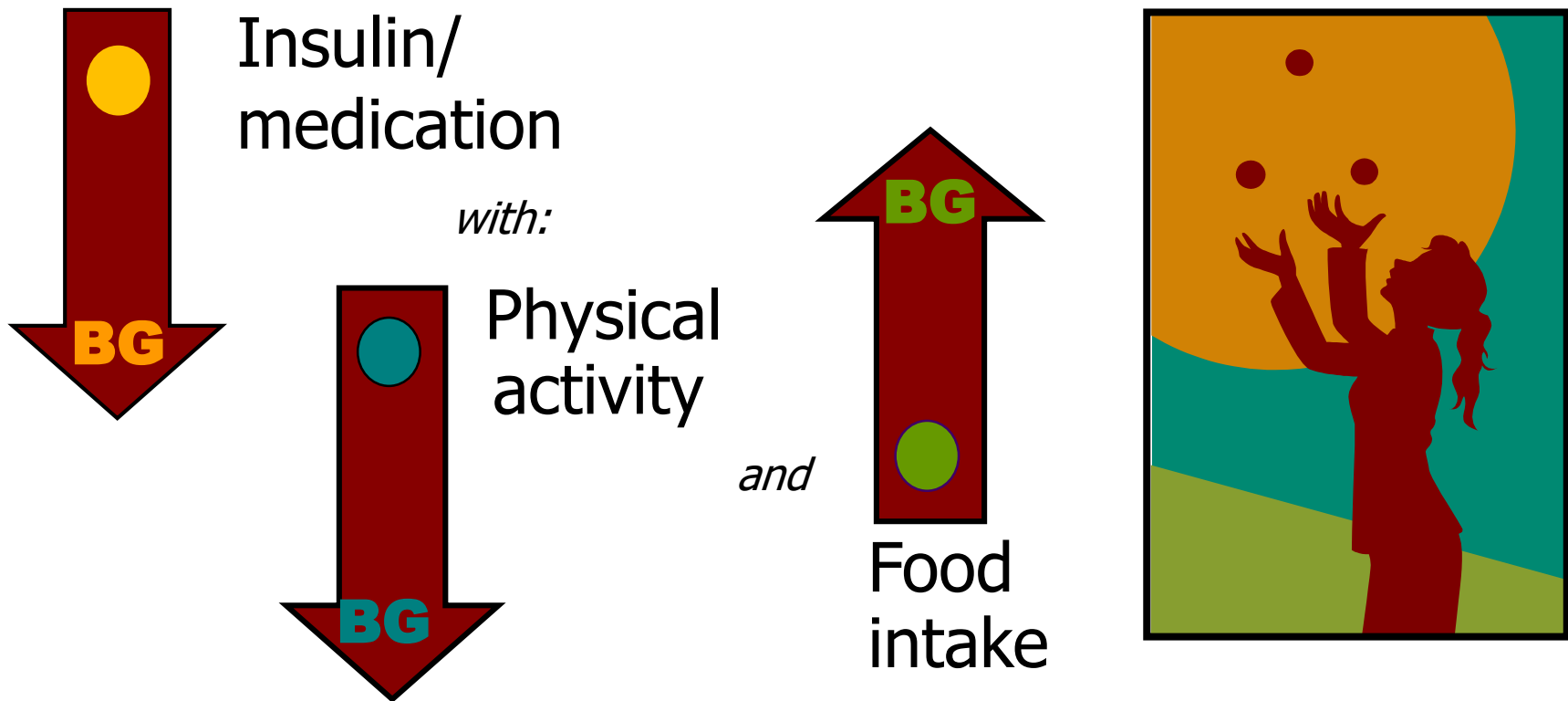


# Diabetes is Managed, But it Does Not Go Away.



**GOAL:**  
Maintain target  
blood glucose

# Diabetes Management Constant Juggling - 24/7



# Diabetes Management

## Routine Care:

- Many students will be able to handle all or almost all routine diabetes care by themselves
- Some students will need school staff to perform or assist with routine diabetes care

## Emergency Care:

- ALL students with diabetes will need help in the event of an emergency situation

# Care in the Schools: School Nurses and Others

## A School nurse is most appropriate to:

- Coordinate diabetes care
- Supervise diabetes care
- Provide direct care (when available)
- Communicate about health concerns to parent/guardian and health care team

***However, a school nurse is not always available.***

## Non-medical school staff can be trained to assist students:

- For both routine and emergency care
- Including insulin and glucagon administration



# Diabetes Medical Management Plan (DMMP)

- Basis for all school-based diabetes care plans
- Developed by student's personal health care team and parent/guardian
- Signed by a member of student's personal health care team
- Individualized
- Implemented collaboratively by the school diabetes team:
  - *School nurse*
  - *Student*
  - *Parent/guardian*
  - *Other school personnel*

# Where to Get More Information

## ***American Diabetes Association***

1-800- DIABETES

[www.diabetes.org](http://www.diabetes.org)

## ***National Diabetes Education Program/NIH***

[www.ndep.nih.gov](http://www.ndep.nih.gov)