

patient education program

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Back to School

Returning to school when you have diabetes can be scary for the parents and the child. Here's a simple reference for you to determine what you need to do to prepare.

- Most importantly, set up a meeting with school personnel who will be involved in your child's daily routine at school. This may involve:
 - School nurse
 - School principal
 - Secretary
 - Teacher(s)
 - Bus driver
 - Coach for sports
 - Lunchroom employees
 - Playground supervisors
- You need to establish responsibilities so that there is always open communication:

Student	Parents	School Personnel
<ul style="list-style-type: none"> — Be involved in your school plan — Communicate any symptoms or problems to school personnel & parent/guardian 	<ul style="list-style-type: none"> — Provide a diabetes plan to school each year — Review basic diabetes treatment guidelines with trained school personnel — Provide permission for school nurse to delegate diabetes care to other trained personnel — Investigate school menus & request carbohydrate content information — Update school personnel whenever plan changes — Provide diabetes supplies & equipment and be able to provide instruction to school — Provide emergency contact information — Create a communication plan with school to regularly exchange blood sugar readings & insulin dose records 	<ul style="list-style-type: none"> — Request a current diabetes plan each school year — Keep treatment guidelines readily accessible — Delegate diabetes care to other trained staff as "back-up" support — Assist with detection & treatment of low blood sugar — Provide information regarding meals/carb content — Request parents maintain an updated diabetes plan of care — Discuss any questions regarding the plan with parents &/or Diabetes team — Notify parent/student of anticipated activity &/or schedule changes — Be familiar with emergency diabetes guidelines — Provide access to restroom facilities & drinking water

3. Provide supplies: It is also a good idea to have a consolidated diabetes kit for any other school personnel who may occasionally care for your child, such as PE teachers, coaches, bus drivers, or teachers.

— Insulin, syringes or pen needles	— Glucagon kit
— Blood sugar meter, strips, & lancets	— Food for snacks
— Ketone strips, alcohol wipes	— Batteries
— Food to treat low blood sugar (juice, tabs)	— Extra pump/CGM supplies (if applicable)

4. Meal planning: The primary issue is to decide who will be responsible for the food items placed on your child's meal tray. Most importantly you should:
 - Determine the meals given at school by obtaining a school menu
 - Obtain information on the carbohydrate content of foods for the portion sizes served
 - Ask if special food products such as sugar-free: Jell-O, syrup, or jelly are available on request
 - Provide examples of food-substitutes that are allowed if your child is unable to finish their meal for the insulin dose already taken
 - Designate a responsible adult your child can go to if all of their food was not eaten, even if the meal comes from home
 - Remind school personnel that no meal or snack should be omitted or delayed

5. Precautions: Basic preparations and precautions can be taken to prevent unnecessary complications:
 - A method for recording and reporting blood sugar results needs to be discussed
 - Express to your child and all school staff the importance of early detection and treatment of low blood sugars. Time is critical when the blood sugar is low.
 - Liquid or easy to consume carbs should be readily available to student at all times
 - The student should be escorted to health office if symptoms of low blood sugar occur. They should never be left alone.

6. Plan changes: Examples of situations that may cause a change in your child's careplan include: field trips, PE days, or class parties. Establish open communication with the school so these situations can be prepared for.

7. Absences for diabetes related illnesses: A note from our office excusing your child from school will only be given if you have called our office on the day your child was sick. If our office is not aware the child was sick, we cannot provide a school excuse.