



DIABETES POLICY/PROTOCOL

In developing this diabetes policy the School acknowledges the advice and guidance of Diabetes UK. The School recognises that diabetes is a widespread condition affecting many children and welcomes all pupils with the condition and recognizes its responsibility in caring for them. All relevant staff will be given training on diabetes management as part of their first aid training.

- All pupils with diabetes have a Health Care Plan
- Parents are asked to provide spare supplies, e.g. glucose tablets, glycolgel biscuits, jelly babies, juice etc. in a named box in the medical cupboard in the Medical Centre
- All first aid staff have a clear understanding of diabetes and are able to recognize common signs and symptoms associated with the condition
- Staff are informed each year of those pupils who have diabetes and are instructed to keep this information confidential

Diabetes

Diabetes is a condition in which the amount of sugar in the blood stream is too high. This comes about because the body fails to either produce insulin or enough insulin to deal with the sugar.

As a result the sugar builds up in the blood, causing Hyperglycaemia. People with diabetes control their blood sugar levels with diet which provides a predictable amount of sugar and carbohydrate and insulin injections. Young people particularly can have emotional and behavioural difficulties as a result of their condition and much support is required.

Hypoglycaemia - low blood sugar

Hyperglycaemia - high blood sugar

Causes of Hypoglycaemia

- Inadequate amounts of food eaten, missed or delayed
- Too much or too intense exercise
- Excessive insulin
- Unscheduled exercise

Recognition of Hypoglycaemia

- Onset is **sudden**
- Weak, faintness or hunger
- Palpitation (fast pulse) tremor
- Strange behaviour or actions
- Sweating, cold, clammy skin
- Headache, blurred vision, slurred speech
- Confusion, deterioration in levels of response leading to unconsciousness
- Seizures

Treatment of Hypoglycaemia

- Call or send for a School Nurse/First Aider
- Refer to pupil's own health care plan
- If a blood sugar meter is available take a blood sugar reading
- Ensure the pupil eats a quick sugar source e.g. glucose tablet, gel or fruit juice
- Wait 10 minutes and test again if possible
- If the pupil feels better, follow with a carbohydrate type snack e.g. biscuit, cereal bar, juice etc.
- Once recovered, allow to return to normal school activities
- Inform parents or guardian of the episode
- If the pupil becomes drowsy and unconscious, the situation is Life Threatening
 - **Call 999** and request an ambulance
 - Administer glycolgel from pupil's supply box if prescribed
 - Place the pupil in recovery position and stay with the pupil
 - Contact the parent/guardian as soon as possible

Causes of Hyperglycaemia

- Too much food
- Too little insulin
- Decreased activity
- Illness
- Infection
- Stress

Recognition of Hyperglycaemia

- Onset is over time – hours or days
- Warm dry skin, rapid breathing
- Fruity sweet smelling breath
- Excessive thirst and increasing hunger
- Frequent passing of urine
- Blurred vision
- Stomach ache, nausea, vomiting
- Skin flushing
- Lack of concentration
- Confusion
- Drowsiness that could lead to unconsciousness

Treatment of Hyperglycaemia

- Send for a School Nurse
- If blood sugar meter available take reading
- Encourage pupil to drink water or sugar free drinks
- Allow pupil to administer extra insulin
- Check blood sugar reading again after 10-15 minutes
- Permit pupil to rest before resuming activities if feeling well enough
- Contact parent or guardian

If blood sugar level does not come down, or there is no improvement,
Call 999 and request an ambulance.