

## **Management of Diabetes in the School Setting**

**Effective management of diabetes in the school setting is necessary for the safety and long term health of students with both Type One and Type Two Diabetes. Additionally, maintaining target blood glucose levels maximizes readiness for learning and physical stamina. While individual students with diabetes have different needs, the Diabetes Medical Management Plan (DMMP) prepared by the student's personal diabetes health care practitioner serves as the basis for helping students manage diabetes in school.**

### **Information in the DMMP typically includes:**

- Date of diagnosis
- Contact information (parents/guardians and student's physician/health care provider)
- Specific medical orders for checking blood glucose, administering insulin and other medications, and carbohydrate (carb) counting
- Typical signs, symptoms, and prescribed treatment for hypoglycemia and hyperglycemia
- Assessment of student's self-care skills for performing diabetes care tasks (based on age/development)
- Student's diabetes equipment (technology) and supplies, including blood glucose meter, insulin delivery devices, glucagon, and continuous glucose monitoring systems (CGM)
- Additional monitoring and treatment for ketones
- Meal and snack plan
- Physical activity plan

### **Individualized Health Care Plan (IHP)**

The IHP or nursing plan of care is developed by the school nurse and is based on the medical orders in the student's DMMP. The school nurse uses the information in the DMMP and his/her nursing assessment findings to outline the diabetes management strategies used by the nurses to meet the student's health goals.

### **Information in the IHP may include:**

- Plan for maintaining the student's blood glucose within the target range specified in the DMMP (including strategies for blood glucose monitoring, administering insulin, treating hypoglycemia and hyperglycemia, adhering to the student's meal plan, and participating in physical activity)
- Use of smartphone, school phone, CGM, or computer to log data and/or to notify the school nurse or parents/guardians of blood glucose levels
- Nutritional needs, including provisions for meals and snacks
- Participation in all school-sponsored activities and field trips, with coverage provided by the school nurse or trained diabetes personnel
- Timeframe for ongoing review of student outcomes
- Strategies to ensure the student is not subject to inappropriate penalties for health care appointments and to provide accommodations during the school day
- Plan for the student who independently manages diabetes at school

## Prepare the Student's Education Plan (As Needed)

Upon learning of a new diagnosis of diabetes and regularly thereafter, the school's 504 team may convene if the parent/guardian of a student with diabetes determines they would like their child to have a 504 plan of care in place. In Illinois, a student's diabetic care plan may serve as a Section 504 plan and the student's eligibility under Section 504 is thus established. The information in the DMMP and nursing plan of care (if parent/guardian wants one developed) is used in developing the elements of the Section 504 Plan

### Section 504 plans often address the following common elements:

- Where and when blood glucose monitoring and treatment will take place
- Location of the student's diabetes management supplies
- Use of smartphone, school phone, insulin pump, CGM, or computer to log data and/or to notify the school nurse or parents/guardians of blood glucose levels
- Need for free access to the restroom and water
- Nutritional needs, including provisions for meals and snacks
- Full participation in all school-sponsored activities and field trips, with coverage provided by trained diabetes personnel
- Alternative times and arrangements for academic exams if the student is experiencing hypoglycemia or hyperglycemia
- Permission for absences without penalty for health care appointments or prolonged illness
- The opportunity to make up school work missed due to health care appointments or illness, including appropriate arrangements for meeting educational needs during or following an illness

Plan	Contents	Who Prepares It
<b>Diabetes Medical Management Plan (DMMP)</b>	<b>Medical orders:</b> all aspects of routine and emergency diabetes care	<b>Student's personal diabetes health care team</b>
<b>Individualized Health Care Plan (IHP)</b>	<b>School nursing care plan:</b> how diabetes care, as prescribed in the Diabetes Medical Management Plan, will be delivered in the school	<b>School nurse</b>
<b>Section 504 Plan, other education plan, or Individualized Education Program (IEP)</b>	<b>Education plans:</b> address each student's needs for accommodations to manage their diabetes safely and effectively in school	<b>504 team</b>