

Meade County Schools
School Health Services

Diabetes Primary Care Provider Authorization

FORM MUST BE SIGNED BY HEALTH CARE PROVIDER AND PARENT/GUARDIAN

Name: _____

Date of Birth: _____

School: _____

School Year: _____

Diagnosis: Type 1 Diabetic Type 2 Diabetic

Management: GOOD FAIR POOR

Diet: Specify type of diet and routine snack schedule: _____

PARENTS MUST PROVIDE SNACKS AND EMERGENCY SUPPLIES

Exercise: Unrestricted Restricted (Specify): _____

Blood glucose monitoring:

1. Does this student need assistance to perform the blood glucose test? YES NO
2. Should blood glucose monitor & equipment be: kept with child kept in nurse's office
3. When should monitoring be done? Before lunch As needed to determine hypoglycemia or hyperglycemia
4. Child's target blood sugar?
 100-200 (0-5 years) 80-180 (6-12 years) 80-150 (13+ years) Other (Specify): _____

Insulin Requirements:

1. Does this child require insulin during school? YES NO
2. Can this child administer his/her own insulin if needed at school? YES NO
3. Please specify insulin time, sliding scale, or other needed information about insulin: _____

Refer to the signs and symptoms of hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar). Follow directions for treatment of these when needed. If additional information concerning this student is needed, please attach a separate sheet

Signature of Physician

Date

Address

Telephone No.

Signature of Parent/Guardian

Telephone No.

Date

Emergency Contact

Telephone No.

Relationship

Name: _____

HYPOGLYCEMIA (LOW BLOOD SUGAR)

- SIGNS & SYMPTOMS**
- hunger •staring •becoming very quiet •dizzy •crying
 - headache •clammy sweat •nervous •unable to think clearly •shaky •weak
 - blurry vision •restless •combative •unusually sleepy •pale
 - pounding heart •confused or disoriented •stumbling around •change in personality (mean/hateful)

LOW BLOOD SUGAR FOR THIS CHILD REQUIRING THE FOLLOWING INTERVENTIONS IS _____.

1. Give 15 grams of simple sugar.
Samples of a simple sugar are one of the following:
 - 1/2-cup reg. Soft drink •15 skittles •small tube of cake icing gel
 - 1/2 cup juice •12 Sweet Tarts •3-5 small sugar cubes
 - 3-4 glucose tabs • 2-3 rolls of Smarties • 2-3 packs of table sugar
2. Follow immediately with a 15-gram snack of complex carbohydrate or lunch.
Samples of a 15-gram complex carbohydrate snack are one of the following:
 - 4 peanut butter or cheese crackers • ½ sandwich •1 small bag pretzels, chips, etc.
3. If no improvement in symptoms within 15 minutes, give another simple sugar choice.
4. Recheck the blood glucose 30 minutes after initial treatment. Call parent if the blood glucose does not rise above 80.
5. Allow 30-60 minutes for a complete recovery before resuming normal school activity (tests, PE, class work). It is not necessary to send the student home once the blood glucose is above 80.

HYPERGLYCEMIA (HIGH BLOOD SUGAR)

- SIGNS & SYMPTOMS:**
- dry mouth •increased urination •sores or infections that will not heal
 - thirsty •hungry •tired •sleepy •dry itchy skin •headache
- *If symptoms persist can lead to nausea, vomiting, stomach pain, fruity smelling breath**

HIGH BLOOD SUGAR FOR THIS CHILD REQUIRING THE FOLLOWING INTERVENTIONS IS _____

1. Encourage extra liquids without sugar such as water. **No** extra juice or milk.
2. Allow frequent trips to the restroom and check s for ketones if strips available. Notify parent if ketones present.
3. If the blood glucose is greater than 300, do not participate in P.E. or sports.
4. Student does not need to be sent home unless vomiting, ketones, other acute illness, or for blood glucose that remains 400 or above 60 minutes after initial treatment.

EMERGENCY PLAN OF ACTION

1. If student becomes unresponsive, notify school personnel trained in Glucagon administration, and CPR first aid to come and administer glucagon to the student and initiate CPR if needed prior to EMS arrival.
2. Call EMS 911.
3. Contact Parent/Guardian or emergency contact immediately.
4. If student needs to be transported via EMS, an adult must always accompany the student.