

QUICK-LOOK DIABETES REFERENCE GUIDE FOR THE CLASSROOM TEACHER TM

- Carbohydrates Raise Blood Sugars ↑
- Exercise Lowers Blood Sugars ↓
- Stress May Raise Blood Sugars ↑
- Students with both types 1 & 2 diabetes are NOT more prone to being ill if their diabetes is well managed.

WELL-MANAGED:	
2 - 6 years old	approximately 60%-70% blood sugar values between 80-180 MG/DL OR 4.4-10.0 MMOL
7 - 11 years old	approximately 70%-80% blood sugar values between 80-180 MG/DL OR 4.4-10.0 MMOL
Adolescents	approximately 80%-90% blood sugar values between 80-180 MG/DL OR 4.4-10.0 MMOL

NOTE: These ranges are only "approximates". Healthcare providers may expect different ranges for different children. If your student is NOT "in range", he/she may be having difficulty concentrating in class and you should notify the nurse.

HYPOGLYCEMIA (LOW BLOOD SUGAR)

CAUSES:

Too much insulin
 Too little food (carbohydrates)
 Too much exercise

SYMPTOMS:

Tired
 Headache
 Disoriented
 "Hungry"

TREATMENT:

4 oz. juice (any kind)
 3 glucose tabs
 2 packs sugar
 5 Lifesavers

TREATMENT FOR "LOWS":

1. Have child check blood sugar
2. If value is below 70-80 mg/dl and child is symptomatic, allow for child to get some quick-acting sugar as per treatment plan.
3. Administer GLUCAGON if child is unconscious or seizing – and call 911.

Most "lows" occur before meals and during or after vigorous exercise.

If in doubt, TREAT FOR LOW! Even if student was not low, they will not be harmed by your treating for a low blood sugar.

HYPERGLYCEMIA (HIGH BLOOD SUGAR: NOTIFY NURSE &/OR PARENT)

CAUSES:

Too little insulin
Too much food (carbohydrates)
Too little exercise
Illness
Stress

SYMPTOMS:

Tired
Thirsty
Excessive urination
Headache
Distracted

TREATMENT:

Extra insulin

IN GENERAL

1. Lows usually occur mid-morning, before lunch and mid-afternoon, when short & long-term insulins are peaking or during/after unplanned-for vigorous exercise.
2. Student can return to normal classroom activity 10-15 minutes after treating for a low blood sugar if student feels better and/or blood sugar value is >75-80mg/dl.
3. Children with diabetes can participate in any/all school activities-PLEASE give parents 1-2 days advance notice about birthday parties, trips etc. so they can make the appropriate adjustments to the child's regimen.
4. FOR PUMPS: For any problems or questions that the student, parent or healthcare provider cannot answer please refer to the back of the pump and call the number for Customer Support – all pumps have a number on the back side of the pump.