THIS SAMPLE CARE PLAN IS PROVIDED AS A GUIDE ONLY. CHANGES MUST BE MADE TO REFLECT YOUR CHILD'S INDIVIDUAL NEEDS, including all personal details, symptoms and instructions.

(child's name)'s target blood sugar = #.# mmol/L (target range of # – #)

# Low Blood Sugar (Hypoglycemia) - Symptoms:

When (child's name)'s blood sugar is low (below 4.0) or dropping rapidly, he may:

> - say he feels dizzy, lack energy
> - say he's **hungry**
> - be excessively **emotional**, easily frustrated/discouraged
> - look **pale**

**This is an urgent situation**.

**(child's name) does not reliably identify his own lows – he is dependent on adults to identify signs of a possible low.**

**What To Do for Low Blood Sugar:**

1. Support (child's name) in checking his blood sugar.
2. If blood sugar is below 4.0 →   Give 10g Fast-acting carbohydrate (ONE "Low Treatment" package)
   Ex.  1 gummie worm, 10 Skittles candies, 2 Glucose tablets, 2 Large Rocket candies
   - ∗ Low treatments located: *(list locations, such as by classroom door, gym, etc)*
   - ∗ NO insulin given
   - ∗ Make sure (child's name) consumes ALL of the contents of the package.
   - ∗ (child's name) should re-check his blood sugar 15 minutes later.
   - ∗ If blood sugar is still below 4.0, repeat low treatment as above and **CONTACT US** (in this order):  – Mom cell: (XXX) XXX-XXXX
     - Dad cell: (XXX) XXX-XXXX
     - Diabetes Health care Team (if applicable): (XXX) XXX-XXXX

   \* When his blood sugar is below 4.0, (child's name) should not be:
   - physically active
   - left alone (ex. to walk to the bathroom)
   - expected to complete cognitive tasks (including tests)

**When to Check Blood Sugar:**
- Any time you are worried his blood sugar may be low (he **shows symptoms of low blood sugar).**
- **Before snack time**
- **Before/after gym class** (or other exercise, more than 15 mins of moderate intensity)
- **Mid-afternoon** (~2:30pm)

**Snack Time**

(child's name) cannot eat any carb-containing food without receiving insulin to match its carb content. He should:

1. check his blood sugar (with adult support) **before** snack time
2. "dial in" to the pump the **carb content**, as labeled on his snack for that day (with adult support)
   - ∗ The pump will automatically add insulin for high blood sugar, and take away insulin for a below-target blood sugar – the key is to **match the insulin dose to the "total"** line on the pump remote's display.
3. **eat ALL** of his snack.

# Severe Low Blood Sugar

(child's name) may be experiencing a severe low if he:

> - Is very drowsy
> - Loses consciousness
> - Convulses (seizure)
> - Is paralyzed on one side

**This is an emergency situation**.

**What To Do for a Severe Low:**

**Treatment If Still Conscious:**

- Give TWO pre-measured packages (#g) of fast-acting carbohydrate immediately.
- Firmly coax (child's name) to eat or drink.

**Treatment If Unconscious or Convulsing:**

- Do NOT force foods or liquids into his mouth. This may cause choking.
- Place (child's name) on his side, in a safe place.
- Call 9-1-1 first.
  Tell them:  #-yr old child with type 1 diabetes is having a severe low blood sugar (unconscious, convulsing).
- Call us immediately after.        Home: (XXX) XXX-XXXX
                                                     Mom cell: (XXX) XXX-XXXX
                                                     Dad cell: (XXX) XXX-XXXX

# High Blood Sugar (Hyperglycemia)

(child's name) may be experiencing high blood glucose if:

> - His blood glucose is over #
> - He is thirsty
> - He needs to go to bathroom lots
> - He is limp, very tired

**This situation requires attention, but is not an emergency UNLESS vomiting + high blood sugar**.

**What to Do for High Blood Sugar:**

(child's name) may need additional insulin to correct a high blood sugar. Ideally, school staff will assist (child's name) in delivering insulin via his insulin pump. At this time, (child's name) does not have all the skills necessary to give himself a correction dose of insulin, and should not operate his pump without support.

Please call us if you suspect that (child's name)'s blood sugar is high (over #), so we can troubleshoot (we'll check for air in tubing, etc).

If (child's name)'s blood sugar remains high for a prolonged period, ketones may develop. If untreated, ketones may result in a very dangerous medical condition, diabetic ketoacidosis (DKA), which requires hospitalization for treatment. The key indicator is: if (child's name) has high blood sugar AND IS VOMITING, call us immediately.

# Insulin Delivery

(child's name) wears an insulin pump to deliver the insulin his body requires (worn in a pump belt around his waist). He will come to school wearing the pump; it should remain connected at all times.

The pump will deliver a dose of insulin when the necessary info is "dialed in"; this covers the carbs (child's name) eats or drinks, and/or corrects a high blood sugar. At this time, (child's name) does not have all the necessary skills to operate his pump on his own, and will require adult support.

If there is a problem with the pump, one of us will come to the school to resolve the problem.