



Principal Description of clinical condition

Diabetes Mellitus

Most children will have Type 1 diabetes (requires treatment with insulin). The body is unable to produce insulin to regulate the amount of sugar in the blood.

Requirements at school

Children who require insulin injections at lunchtime will be independently responsible. A private place to take the injection is welcomed and there may need to be an arrangement so that they do not miss their lunch because they have missed their place in the queue.

Complications at school

Hypoglycaemia

People with diabetes may be prone to episodes of low blood sugar (hypoglycaemia) or 'hypos' This is when the blood sugar BS level is below 4

Precipitating factors

- After or during exercise
- When a meal or snack is due or missed
- If unwell and vomiting

Preventative measures

- Parents can provide a sweet snack before PE or extracurricular activities
- Meals or snacks should not be delayed
- Be aware if child is detained in class for any reason

Likely symptoms any of the following

- Pallor, sweating
- Shaking or unsteadiness
- Funny feelings in the head or abdomen, faintness
- Uncharacteristic behaviour - either quiet (vague), confused or obstreperous
- Other as advised by parent

Treatment

- Treatment is with sugar, for example - 1 or 2 glucose tablets (e.g. Dextro-energy, Lucozade)
- Half a glass of Lucozade or milk
- Other as advised by parent; such as Hypo stop.
- If you are not sure whether it is a Hypo or not, treat anyway as no harm will be done.
- The treatment can be repeated after 5 - 10 minutes if the child is not feeling better.
- Unless a meal or snack is coming up, it is a good idea to give something more solid as well e.g. a couple of plain biscuits.
- Treatment can be given in class.
- Do not make an unnecessary fuss.

Hyperglycaemia

- Precipitating factors



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- Missing an insulin dose
- Eaten more carbohydrates than the body / medication can cope with
- Stress
- Unwell from infection
- Over treating a hypoglycaemic attack

Symptoms

- Increased thirst
- Increased hunger
- Frequent urination
- Headaches
- Loss of concentration
- Blurred vision
- Fatigue
- Severely elevated glucose levels untreated with lead to Ketoacidosis

Treatment

- Administer insulin
- Drink plenty of sugar-free liquids

If a child is feeling unwell they should not leave the class unless accompanied by a responsible person. If untreated a Hypo/Hyper can cause a child to pass out completely. If this happens give nothing by mouth, lay the child in recovery position, call for sister/ambulance

Follow-up

If Hypos/Hyper are occurring frequently you should share this information with the parent and the school medical officer.

Blood testing

Blood testing - It is rarely necessary for this to be done at school but if required provide an environment where this can be done without fuss. Parent may wish to negotiate a system for you to report results back to them.

Issues for school trips

These should not present a problem provided the following principles are followed:

- Regular meals and between meal snacks (take some extra food in case of unforeseen delays)
- Extra snacks or sweets for vigorous or sustained physical activity
- Prompt treatment of hypoglycaemia should it occur
- Changes in treatment should be discussed well in advance of a trip especially if there is an overnight stay.
- The degree of supervision required for the child should be discussed with parents.

Responsibilities of School

- Provide relevant training on the management of diabetic children at school to school staff.
- Ensure relevant staff receive appropriate training.
- Ensure appropriate facilities and procedures are in place in education environments to manage children with diabetes.



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- Liaise with parents in relation to sharing information on health and medicine requirements for their children.

Responsibilities of School Nurse

Should ensure that

- teachers are aware of diabetic pupils in their class. Information on Pass and Common Room board.
- the class teacher has relevant information sheets on diabetes
- the protocol is up to date
- teachers (including PE teachers) and boarding staff are aware of symptoms of hypoglycaemia and are confident in managing an episode
- any problems or concerns are referred to the school doctor.

Documentation

- Child health care plan in liaison with parents
- Record of any incidences.

Responsibilities of Parent

- Inform the school of their child's condition, symptoms and treatment
- Keep school information current
- Provide school with relevant snacks, emergency requirements

Education staff (e.g. teachers, nursery and ancillary staff) and Boarding staff

- Obtain relevant information about diabetics in their class
- Attend training on how to recognise symptoms and manage them and keeping this information up to date
- Liaise with health staff

Equipment/facilities

- Storage of supplies from parents for treatment of hypos and procedure for access
- Safe storage for insulin - most children will be responsible for their own insulin if it is required during the school day.
- If insulin requires to be kept at school, it should be labelled with the child's name and appropriate directions. The insulin should ideally be stored in a refrigerator and kept separate from food (e.g. in a plastic box).
- Access to the refrigerator should be restricted and will be kept in medical department.
- Insulin pens may be stored at room temperature.

Exceptions

- school not advised by parent of child's condition
- staff member declines to provide treatment

In these instances it would be appropriate to contact the child's parents or phone for medical assistance.

Policies in place in school e.g. child protection, health and safety, consent (age child is responsible for own decisions and who is given advice)



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Related policies and documents

This policy should be read in conjunction with the following policies and documents:

- Employee Handbook
- Staff Handbook
- Code of Conduct for Employees
- Health Safety Handbook
- Boarding Staff Handbook
- National Minimum Standards for Boarding Schools
- ISI Handbook for the Inspection of Schools, Regulatory Requirements
- Teachers' Standards
- Departmental Handbook
- Keeping Children Safe in Education
- Safeguarding Policy
- Medical Policies
- Complaints Policy (Parents)
- Complaints Policy (Pupils)

POLICY REVIEWED BY JTA: June 2018

POLICY REVIEWED BY SCHOOL COUNCIL:

NEXT REVIEW: June 2019