

Diabetes Information for School Staff



Diabetes Nurse Specialists
Royal Hospital for Sick Children
Edinburgh

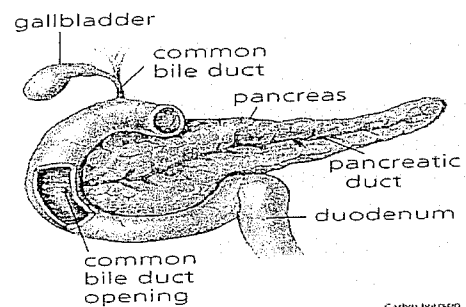
Paediatric/Adolescent Diabetes Service - Lothian

- > 3 Paediatric/Adolescent Nurses
- > Case loads
- > Incidence

Diabetes - Types 1 & 2

- > Type 1 - Insulin only.
- > Type 2 - Diet/Tablets/Insulin.
- > Insulin - Discovery.
 - Types of insulin.
 - Injections.
 - Intensification of insulin therapy/impact.

Pancreas



Type 1 Diabetes

- Insufficient insulin to transport glucose from the bloodstream to the cells.
- > Food - particularly carbohydrate (raises blood glucose).
 - > Insulin dose (lowers blood glucose).
 - > Exercise (lowers blood glucose, only if insulin present).

Healthy Eating Diet

- > Regular meals/Carbohydrate (CHO) consistency.
- > Regular snacks.
- > Extra carbohydrate/fluid before and during exercise.
- > Carbohydrate counting
- > Special "diabetic" foods not recommended.

Check before/during/after levels.
exercise.

Blood Glucose Monitoring & Insulin Injecting

- > Reasons
- > Demonstration
- > How to facilitate blood glucose (BG) testing/insulin injecting in schools?
- > Who is responsible?
- > Health Care Plans



Why aim for optimum control?

- > Acceptable Levels. **4-7**.
- > Effect on mood, concentration, energy levels.
- > Long term effects.

"Well controlled diabetes is the cause of absolutely nothing!"

4 ↔ 7 acceptable.

HYPOglycaemia. *

- > Low blood glucose - reasons.
- > Importance of glucose/carbohydrate.
- > Signs - (individual) : Pallor, hunger, drowsy, "wobbly", "shaky".
- > Immediate treatment & observe - follow flow chart.
- > Severe hypoglycaemia.
- > Recovery period.

3 glucose tablets

10 to 15 mins - redo blood

HYPERglycaemia

- > High blood glucose - missed injection(s), infection/illness, overeating, stress/excitement, Exams.
- > Symptoms – Urinary frequency and thirst (Water/Sugar free fluids).

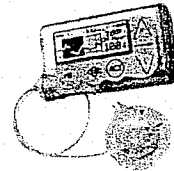
General Advice

- > Supervisors informed
- > Carry glucose
- > Child unwell/absences
- > Discipline
- > School trips (Residential Trip Sheet Available)
- > Contact numbers

**↓
Meet parents
prior to trip.**

Insulin Pumps

- > Insulin pumps
- increased use
- > School issues
- > Responsibility
- parents &/child
- > BG testing
- > CHO counting
- > HCP



Updates

- Pancreatic/Islet transplants
- Media problems – inaccuracies
- Current review of situation re responsibilities of school staff.
- Info. Manual (Update Needed!) - new web address
[www.nhslothian.scot.nhs.uk/ourservices/
diabetes](http://www.nhslothian.scot.nhs.uk/ourservices/diabetes)

