Elysian Field s ISD

# Diabetes

Presented by:
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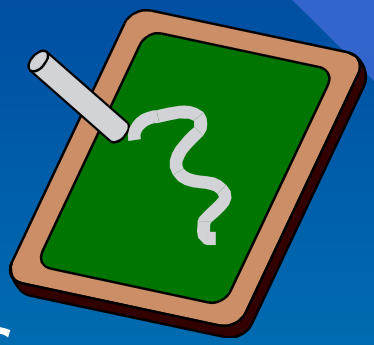
# Diabetes

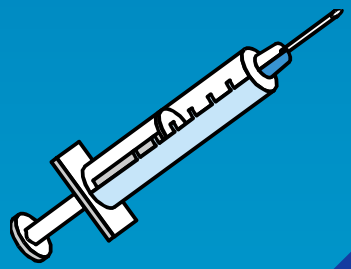


- Insulin, a pancreatic hormone, is normally released into the body to help the body to use glucose (or sugar) in the body's cells to create energy.
- In a person with diabetes, the body is not able to utilize the insulin or makes an insufficient amount.
- The result is too much sugar in the bloodstream.

# Diabetes Management

The daily routine of a child with diabetes includes:

- Eating the right foods at the right times
- Regular exercise
- One or more daily injections of insulin.



- Need to create balance between insulin intake, food intake and exercise

# Diabetes Management

- Insulin is not always given at school.
- Students receive insulin in several ways:
  - Injections from a syringe
  - Injections from an insulin pen
  - Dose from an insulin pump
- You will be notified with special instructions if your student has an insulin pump

# Diabetic Management

- Most students with diabetes will test their blood glucose level before lunch
- Target range is 70-180
- Individual diabetes management plan will be created for each student - faculty should consult with school nurse
- Teachers and special area faculty should be aware of warning signs - an emergency care plan will be available

# When to Seek Help

LOW BLOOD SUGAR:

- Sudden Onset
- Staggering, poor coordination
- Anger, bad temper, confused, disoriented
- Pale
- Sudden hunger
- Sweating
- Eventual stupor or unconsciousness

Causes: Failure to eat before exercise
Delayed or missed meals

Treatment: Provide sugar - CONSULT NURSE

# When to Seek Help

HIGH BLOOD SUGAR:

Gradual Onset

Drowsiness, Extreme Thirst

Very frequent urination

Flushed skin, Heavy breathing

Vomiting, Fruity odor to breath

Causes: Undiagnosed diabetes

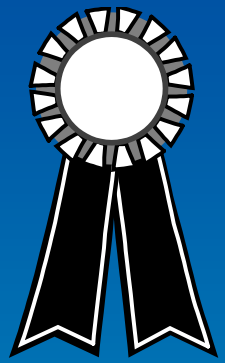
Insulin not taken

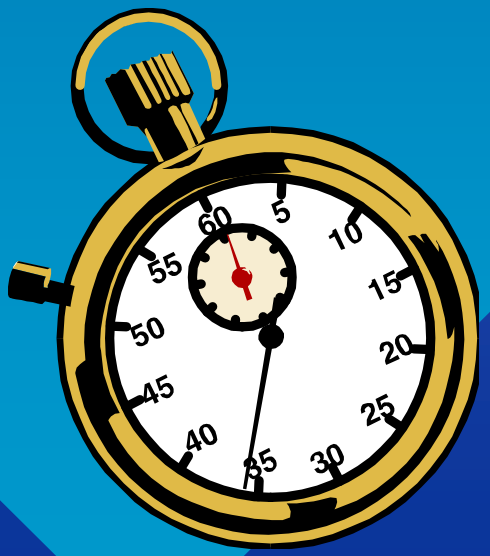
Stress, illness or injury

Too much food or drink or both

Treatment: GET THE NURSE, CALL 911

# Successful Diabetes Management



- Work with your student to follow his/her diabetes management plan
- Work to create balance between insulin intake, food intake and exercise
- Develop caring, trusting relationship with student
- Avoid creating a stigma around the student's unique needs

# For more information – see your school nurse!