Diabetes Policy

September 2018
St Anne’s Catholic Primary School

All students with diabetes will be subject to an individual health care plan, which will be written in partnership with school nurses/diabetic nurse specialists, parents and school. All staff will be made aware of the medical needs of these children. The care plan will be reviewed annually. All staff will receive annual training on the condition. All care plans aim to allow the child to be self-managing of their condition.

A QUICK GUIDE FOR LOOKING AFTER A CHILD WITH DIABETES

1. A diabetic child will normally have a pack which he/she needs when going on a school trip and the care plan must be taken on trips.
2. He/she MUST be allowed to eat as and when required.
3. He/she can be allowed to the front of a dinner queue when required.
4. He/she may need a quick snack after P.E.
5. There may be a possibility of HYPO (hypoglycaemia) – low blood sugar.
6. He/she would like to be treated as normally as possible.

Hypoglycaemia is low blood glucose and when identified quickly need not be a worry to anyone. The common causes are:-
1. A missed or delayed meal.
2. Extra exercise.
3. Too much insulin.

Symptoms are:-
1. Hunger
2. Sweating
3. Drowsiness
4. Pallor
5. Glazed eyes
6. Shaking
7. Mood changes
8. Lack of concentration

IF IN DOUBT, TREAT IT AS HYPO - THE CHILD WILL BE ABLE TO HELP NORMALLY.

WHAT DO I DO?:-
1. DO NOT SEND THE CHILD DOWN TO SCHOOL OFFICE - he/she may not always get there. ALWAYS ACCOMPANY THE CHILD.
2. Fast acting sugar should be given immediately, e.g. lucozade, coke (not diet), chocolate bars, dextrose tablets, honey, jam or Hypo-Stop (a glucose gel provided by parents). This can be followed up according to the child’s care plan with a biscuit etc. approximately 20 minutes later - the care plan highlights this.

3. Information will be displayed IN THE MEDICINE FOLDER kept in the front office as a flow chart to follow in the event of hypo.

IF THE CHILD NEEDS TO GO TO HOSPITAL WE MUST RING 999. IF UNCONSCIOUS DO NOT PUT ANYTHING INTO THE MOUTH. N.B. THIS IS A VERY RARE EVENT!!!!

### How to recognise hypoglycaemia

- Hunger
- Sweating
- Drowsiness
- Pallor
- Glazed Eyes
- Shaking
- Mood changes/lack of concentration

### Treating a Hypo-

**Immediate action- one of the following fast acting sugars.**

- Mini chocolate bar (mars or milky way)
- Fresh fruit juice
- Sugary (fizzy) drink
- Honey/jam

**Then follow up with one of the following slow acting starchy foods**

- A sandwich
- A glass of milk and a biscuit
- Fruit
- Next meal (if due)