

DIABETES ACTION PLAN

Insulin Pump

SCHOOL SETTING

Use in conjunction with Diabetes Management Plan.
This plan should be reviewed every year.

LOW Hypoglycaemia (Hypo)

Blood glucose level (BGL) less than **4.0 mmol/L**

SIGNS AND SYMPTOMS Pale, headache, shaky, sweaty, dizzy, changes in behaviour

Note: Symptoms may not always be obvious

**DO NOT LEAVE STUDENT ALONE
DO NOT DELAY TREATMENT**

MILD

Student conscious
(Able to eat hypo food)

Step 1 Give fast acting Carbohydrate
e.g. _____

Step 2 Recheck BGL in **10-15 mins** If BGL less than 4.0 mmol/L **Repeat Step 1**

If BGL greater than or equal to 4.0, go to **Step 3a or 3b**

Step 3a
If starting BGL **between 3.0 - 4.0 mmol/L**
No follow up long acting carbohydrate required.
See Management Plan

Step 3b
If starting BGL **less than 3.0 mmol/L**
Give 10g long acting carbohydrate and do not bolus for this.

SEVERE

Student drowsy / unconscious
(Risk of choking / unable to swallow)

- First Aid DRSABCD
- Stay with unconscious student
- Administer Glucagon if available

**CALL AN AMBULANCE
DIAL 111**

Contact parent/carer when safe to do so.

HIGH Hyperglycaemia (Hyper)

Blood Glucose Level (BGL) greater than or equal to **15.0 mmol/L** requires additional action

SIGNS AND SYMPTOMS increased thirst, extra toilet visits, poor concentration, irritability, tiredness

Note: Symptoms may not always be obvious

Check Blood ketones. Blood ketones greater than or equal to 1.0 mmol/L requires immediate treatment
Correction Factor 1: ___mmol/L

Blood ketones less than 1.0

- Enter BGL into pump
- Accept Correction bolus
- 1-2 glasses of water per hour; extra toilet visits may be required
- Re-check BGL in 2 hours

BGL less than 15.0 and ketones less than 1.0
No further action.

BGL still greater than or equal to 15.0 and ketones less than 1.0
POTENTIAL SITE FAILURE

**IF UNWELL (E.G. VOMITING),
CONTACT PARENT/
CAREGIVER TO COLLECT
STUDENT**

Blood Ketones greater than or equal to 1.0

POTENTIAL SITE FAILURE

- Contact Parent/Caregiver for further advice
- Will need injected insulin and set change
- This is the parent/caregiver responsibility or student (if they have the required insulin pump skills)

If unable to contact parent/carer
**CALL AN AMBULANCE
DIAL 111**

Student's name:		Place photo of student here
Grade/Year:	DOB:	
Date:		

School's name:

INSULIN The insulin pump continually delivers insulin. The pump will deliver insulin based on carbohydrate food amount and Glucose Level (GL) entries. All GL must be entered into the pump.

Pump button pushing (cross out those not applicable) with assistance/ with supervision/ independently

This student is wearing (cross out those not applicable)
Continuous Glucose Monitoring (CGM)/ Intermittent scanned Continuous Glucose Monitoring (ISCGM)

GL CHECKING TIMES

- Anytime, anywhere in the school
- Before morning tea and before lunch
- Anytime hypo is suspected
- Before exams or tests
- Before planned activity or physical education/sport

PHYSICAL EDUCATION /SPORT

- 10-15g long-acting carbohydrate food before every 30 mins of planned activity
- **DO NOT BOLUS** for this carbohydrate
- Vigorous activity should not be undertaken if BGL \geq 15.0 and blood ketones are \geq 1.0 and/or student is unwell.
See Management plan

Parent/Carer's name:	Contact phone:
Treating medical team:	Contact phone: