

Date:

To Whom It May Concern

Student's Name:

DOB:

Address:

Diagnosis: Type 2 Diabetes Mellitus

The above-named student lives with a diagnosis of Type 2 Diabetes Mellitus (T2DM). Diabetes Mellitus is a chronic medical condition that can impact a student's ability to be assessed fairly in assessments for National Qualifications. Students with T2DM may be taking treatments such as oral medications, insulin injections or other injected medicines, and should be entitled to Special Assessment Conditions (SAC). Continuation of the entitlement is recommended throughout the entire period of external academic examinations during higher school years.

Functional Impact of Type 2 Diabetes Mellitus requiring insulin treatment

Cognitive functioning can be affected by unstable blood glucose levels. When students with T2DM experience high blood glucose levels, they can become thirsty and tired, have difficulty concentrating and may need to go to the toilet to pass urine frequently. When the blood glucose level is low (less than 4mmol/L), students may have trouble concentrating and can become confused and disoriented. Stress or anxiety in a student with T2DM treated on insulin can affect the stability of blood glucose levels.

Suitable Assessment Conditions for Students with Type 2 Diabetes Mellitus

Students with T2DM must be allowed to:

- Undertake blood tests (hands must be washed)
- Scan a continuous blood glucose sensor or view glucose levels via their cellphone app.
- Administer insulin injections or oral medications.
- Go to the toilet.
- Treat a hypoglycaemic episode during scheduled exams.

Students with T2DM treated on insulin need easy access to hypoglycaemia treatment (sugar-containing foods such as glucose tablets or juice drinks and long-acting carbohydrate snacks such as fruit, bread or milk) during scheduled exams.

Students with T2DM need to negotiate a system for flagging their need for a formal "rest break" with the supervisor prior to the commencement of the exam. Time taken for undertaking health-related tasks needs to then be added to the end of the scheduled exam period so as not to disadvantage the student.

Students with T2DM should be seated in the corner or back of the examination room so the supervisor knows where they are and to ensure essential health-related tasks do not disturb other students.

As kaitiaki (caregivers/guardians) of diabetes related services, it is a collective responsibility to establish an environment that facilitates a pathway for people with diabetes to navigate te ao mate huka - the world of diabetes

Te Kaiwhakahaere Māori te Roopu mate huka Debbie Rawiri - Te Whatu Ora Waitaha Canterbury

Contact: diabetesnc@paediatrics.org.nz

Students with T2DM who feel that their performance in an external assessment has been seriously impaired because of exceptional circumstances beyond their control (for example, hypoglycaemia or significant hyperglycaemia), may apply to NZQA to be awarded a ‘derived grade’ under the “illness and misadventure clause”.

If any queries please contact the treating medical team.

Ngaa mihi - Kind regards,

Name:

Designation:

Supported by **National Clinical Network for Children and Young People with Diabetes**

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