Individual healthcare plan for Type 1 diabetes



for children/young people with diabetes in schools and Early Years settings







Individual healthcare plan for Type 1 diabetes

for children/young people with diabetes in schools and Early Years settings

Picture of child or young person may be supplied by parent

Name:	
DOB:	
School/Setting:	
Date of implementation	

Any changes made to this individual healthcare plan should be signed and dated

Personal contact details				
Name and address of school/setting				
Telephone				
Email address				
Name and address of parent/carer				
Telephone	Home			
	Mobile			
	Work			
Alternative contact Telephone	Home			
	Mobile			
	Work			
Paediatric Diabetes Specialist Nurse		Telephone		
Diabetes Specialist Dietitian		Telephone		
School Nurse		Telephone		
GP		Telephone		

What is diabetes?

Diabetes is a condition in which the amount of glucose (sugar) in the blood is too high because the body is unable to use it properly.

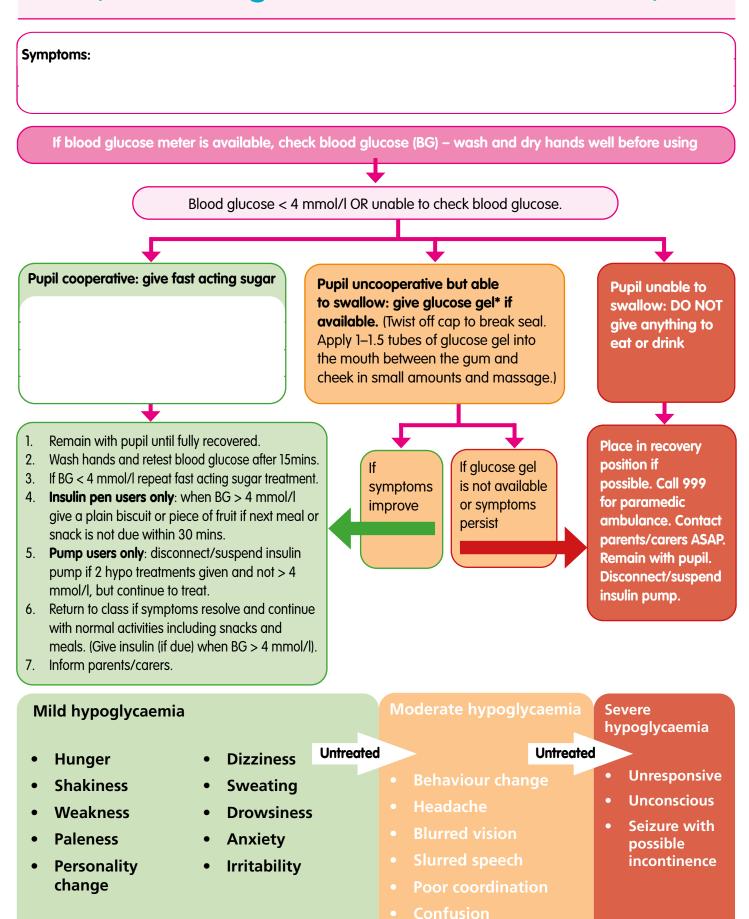
Glucose levels in the blood are controlled by the hormone insulin. Insulin helps the glucose, which is converted from the food we have eaten, to move from the bloodstream into body cells and muscles where it can be used to produce energy.

Type 1 diabetes is caused by an absence of insulin. This cannot be cured but can be treated effectively by insulin injection/pump and a normal healthy diet.

Summary of care required within school/setting				
Glucose monitoring† (tick as applies)	The blood glucose target is between 4-7 mmol/l pre-meal 1. Child/young person requires no supervision 2. Supervise child/young person carrying out glucose testing and record before meals and as necessary 3. Perform and record glucose test before meals and as necessary			
Times Complete times for all children/young people	Break Lunch Other time (please state) Pre-exercise Suspected hypo (refer to action plan page 5)			
Hypoglycaemia (hypo)	A low blood glucose (less than 4 mmol/l) is known as HYPOGLYCAEMIA – refer to hypoglycaemia action plan page 5 The hypo box is located at: (please state location)			
Hyperglycaemia	A high blood glucose (more than 13.9 mmol/l) is known as HYPERGLYCAEMIA – refer to hyperglycaemia action plan page 6			
Insulin (tick as applies)	1. Child/young person requires no supervision 2. Supervise insulin dose calculation			
* delete as appropriate	3. Supervise meal time dose using insulin pen/pump* 4. Administer meal time dose using insulin pen/pump*			
Times	Break			
Dietary needs				
Exercise (tick as applies)	Check glucose level: before activity during activity after activity If glucose level is belowmmol/l consider extra carbohydrate, eg			

[†] The Paediatric Diabetes Specialist Nurse can provide additional guidance on Flash or Continuous Glucose Monitoring.

Action plan for hypoglycaemia (low blood glucose - less than 4 mmol/l)



^{*} glucose 40% oral gel (brands include Glucogel, Rapilose)

Action plan for hyperglycaemia (high blood glucose - more than 13.9 mmol/l)

Symptoms

- Increased frequency of passing urine
- Increased thirst
- Excessive tiredness
- Difficulty in concentrating

Wash hands / Check blood glucose level

13.9 mmol/l or above take action as below

- Contact parent for advice
- Check blood ketones (if agreed) ketones < 0.6 mmol/l is a safe level
- Seek advice from parent whether pupil can exercise
- Encourage sugar free fluids
- Allow access to toilet if needed
- Check blood glucose and blood ketone levels (if agreed) after 2 hours and re-contact parent with update
- If the pupil is vomiting or unwell, call parent immediately or seek medical advice if parent unavailable

Agreed by (print name) Signature Designation Parent/carer Paediatric Diabetes Specialist Nurse (PDSN) Principal/Teacher Other (please specify) This healthcare plan has been discussed and agreed by those named above and copies provided to all parties

It is recommended that care plans are reviewed annually.

Date	Reviewed by (print name)	Signature	Designation	

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Additional advice/comments (sign and date):				



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