

CITY OF LONDON SCHOOL FOR GIRLS

MANAGEMENT OF DIABETES GUIDELINES

Diabetes is a long term and in Type 1 a life-long medical condition, where the body is unable to regulate the amount of glucose in the bloodstream due to the pancreas not making enough or any insulin. Sometimes the pancreas produces insulin but it does not work properly.

Insulin has to be given externally to regulate the level of glucose.

Aims

- To enable all students with diabetes to participate fully in all school activities.
- To ensure that all staff have a clear understanding of how to deal with a student with diabetes.
- To encourage all students to take responsibility for their own condition.

The School will work closely with the pupils and parents and individual care plans will be kept for each pupil with diabetes. All pupils will be expected to provide spare prescribed medications to be kept in the Medical Room.

Staff will receive regular updates on how to manage pupils with diabetes.

Any prescribed medication e.g. insulin injectors, blood glucose testing kits and glucose tablets for hypoglycaemic episodes must be with the pupil at all times. Spare medications will be kept for the pupil in the Medical Room. This is kept in a box behind the main door and spare insulin injectors are kept in the Medical Room fridge.

When joining City of London School for Girls parents/guardians are asked to declare any medical condition their daughter may have. **Diabetes is a condition that the school needs to be made aware of.**

Diabetes can be managed effectively in school and should not impinge on the pupil's ability to participate fully in all activities.

A pupil with diabetes should eat regularly and have access to an emergency snack box at all times that also contains fast acting glucose gel and/or sweets.

Diabetes and PE

Pupils should be encouraged to participate in sporting activities but should check their blood sugars beforehand. If it is high (see individual's care plan) they should not participate in sport. If it too low a high sugar and carbohydrate snack should be eaten and the blood sugar re-tested. Some diabetic pupils may need to eat during or immediately after exercise.

Diabetes And School Visits

Pupils should be able to attend all residential and overnight school trips providing they are confident in managing their condition. If not then a fully trained member of staff

may need to accompany the pupil on the trip. An individual care plan should be drawn up and there should be procedures in place to take care of the pupil should they become ill when away from the school premises.

An updated list of pupils with important medical needs is on the shared area under staff/departments/ SEN and Medical.

Diabetes Protocol

There are short term complications that can affect people with diabetes. The most likely one that will be encountered in school is hypoglycaemia. On residential or overnight school visits other complications could potentially arise but these should be addressed in the individual care plan.

General Signs And Symptoms Of Hypoglycaemia

- Hunger
- Trembling
- Sweating
- Anxiety or irritability
- Mood change
- Difficulty concentrating
- Vagueness and drowsiness
- Blurred vision
- Rapid heart rate
- Pale

A hypo can occur if a pupil has missed a meal, taken part in exercise and not eaten enough carbohydrate beforehand, taken too much insulin or has consumed alcohol. Hypos are usually unexpected and strike rapidly.

General Management

- **DO NOT LEAVE PUPIL**
- Contact Reception (0) to get School Nurse.
- Immediately give something sugary from the pupil's hypo box (sweets, glucose tablets or glucose gel) or a glass of coke, Lucozade or any other sweet, non-diet drink.
- Follow this immediately with a longer acting carbohydrate such as a cereal bar, roll or sandwich, a couple of biscuits or a meal if it is due.
- Continue with the above until the pupil has recovered.
- Notify the parents/carers.
- **If the pupil is unconscious do NOT give anything by mouth. Place in the recovery position and call 999.**

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