DIABETES

General overview of diabetes. Information for all School Personnel
What is Diabetes?

• Diabetes is a disease in which the body does not make insulin (Type 1) or make and use insulin well (Type 2).

• Insulin is a hormone that assists your body in using blood glucose, or blood sugar.

• Without insulin, blood sugar builds up in your blood causing chronic problems in different body systems.
Comparing Diabetes 1 & 2

• **Type 1 Diabetes**
  - Occurs in about 3 per 1000 youth under 18 in Utah
  - It is not preventable or predictable
  - Is not caused by eating too much sugar
  - Do not need to modify their diet

• **Type 2 Diabetes**
  - Found mainly in middle-age or older, overweight adults
  - Becoming more common in children and adolescents
  - May be controlled by diet and exercise, oral medication and/or insulin
Managing Diabetes

People with diabetes must check their blood sugar multiple times a day to make sure it is not too high or too low.

They need **insulin** if their blood sugar is **too high** and/or if they are going to eat.

They need **food** if their blood sugar is **too low**.
Diabetes Supplies

Diabetes supplies vary for each student. Some items include:

- **Blood Glucose Meter**: Tells student their blood sugar level with a drop of blood.
- **Insulin**: Hormone injected to lower blood sugar levels.
- **Syringe**: Delivers Insulin.
- **Pen**: Delivers insulin.
- **Insulin Pump**: Delivers insulin as pre-programmed.
- **Continuous Glucose Monitor**: Device worn on skin that sends blood sugar reading to phone.
- **Glucagon**: Emergency injection or nasal spray given for extremely low blood sugar manifested by seizure and/or unconsciousness.
Needs of students with diabetes

• Must be allowed to carry their diabetic supplies and snacks
• Take insulin before eating
• Allowed time to check and treat their blood sugar
• Unlimited drinking water and bathroom privileges
• Do not require a special diet
• Cannot be restricted from any school activity or food experience due to diabetes care.
How you can help

• Find out who has diabetes in your school
• Recognize signs of and know how to treat low blood sugar- hypoglycemia
• Recognize signs of high blood sugar- hyperglycemia
• Find out who in your school is trained for diabetes care
Hyperglycemia-High Blood Sugar

- Recognize symptoms of high blood sugar - not an emergency but could impact learning
- Allow accommodations such as liberal bathroom privileges and access to water.
- The student may need to dose themselves with insulin.
- Student should not exercise (PE, recess) if showing signs of high blood sugar
- Extremely high blood sugar may require that they go home.
Hypoglycemia-Low Blood sugar

• Low blood sugar can be DANGEROUS.

• Recognize signs of low blood sugar.

• Don’t leave a student with these symptoms ALONE, send them to the office with a “buddy”.

• Get them juice or food.
Glucagon-Emergency Medication

- Given to a diabetic student who is unconscious, semi-conscious or seizing.
- If ordered by a medical provider, Glucagon can be given by trained staff member. (Find out who is trained at your school)
- Call 911 after giving glucagon.
- Turn student onto their side to recover.
Thank you for viewing this Diabetes Training Power Point