



# DIABETES

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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



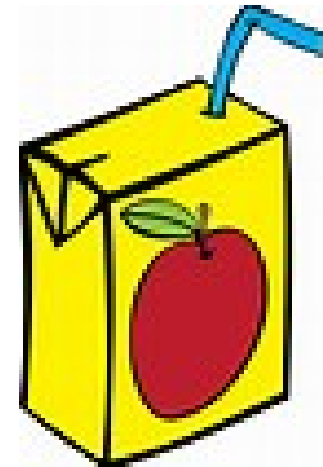
People with diabetes must check their blood sugar multiple times a day to make sure it is not too high or too low.



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 Pump

Delivers insulin as pre-programmed



## Insulin

Hormone injected to lower blood sugar levels



## Continuous Glucose Monitor

Device worn on skin that sends blood sugar reading to phone.



## Syringe

Delivers Insulin



## Glucagon

Emergency injection or nasal spray given for extremely low blood sugar manifested by seizure and/or unconsciousness



## Pen

Delivers insulin



# 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.



## HYPERGLYCEMIA (High Blood Glucose)

**Causes:** Too much food, too little insulin or diabetes pills, illness, or stress.

**Onset:** Often starts slowly. May lead to a medical emergency if not treated.



**EXTREME THIRST**

### SYMPTOMS:



**NEED TO URINATE OFTEN**



**DRY SKIN**



**HUNGRY**



**BLURRY VISION**

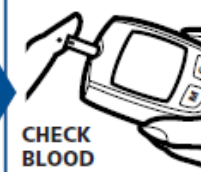


**DROWSY**



**SLOW-HEALING WOUNDS**

**WHAT CAN YOU DO?**



**CHECK BLOOD GLUCOSE**

If your blood glucose levels are higher than your goal for 3 days and you don't know why,

**CALL YOUR HEALTHCARE PROVIDER**





# 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.




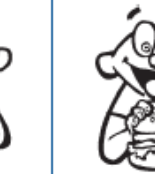


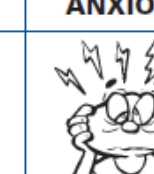

Keeping Well  
WITH DIABETES

## HYPOGLYCEMIA (Low Blood Glucose)

Causes: Too little food or skip a meal; too much insulin or diabetes pills; more active than usual.

Onset: Often sudden; may pass out if untreated.

### SYMPTOMS:

 <b>SWEATING</b>	 <b>DIZZY</b>	 <b>ANXIOUS</b>	 <b>HUNGRY</b>
 <b>BLURRY VISION</b>	 <b>WEAKNESS OR FATIGUE</b>	 <b>HEADACHE</b>	 <b>IRRITABLE</b>



**SHAKY**

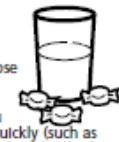


**FAST HEARTBEAT**

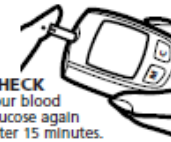
### WHAT CAN YOU DO?



**CHECK** your blood glucose, right away. If you can't check, treat anyway.



**TREAT** by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.



**CHECK** your blood glucose again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your healthcare provider.

# 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