



Approved by School Council:

February 2021

Review:

February 2024

Purpose:

To effectively implement health management plans and to provide ongoing support to students with diabetes.

Definitions

Type 1 Diabetes is an auto-immune condition which occurs when the immune system damages the insulin producing cells in the pancreas. Insulin is the hormone that controls blood glucose levels (BGLs). This condition is predominantly treated with insulin replacement via multiple injections each day or a continuous infusion via a pump.

Type 2 Diabetes occurs when either insulin is not working effectively (insulin resistance) or the pancreas does not produce sufficient insulin (or a combination of both). Type 2 diabetes accounts for around 85 per cent of all cases of diabetes, but less than 5% of cases in the school-based population. Type 2 diabetes usually develops in adults over the age of 45 years, but it is increasingly occurring at a younger age. Type 2 diabetes is initially managed with a healthy diet and lifestyle and/or medication that could include tablets and/or insulin.

Hypoglycaemia (Hypo) – Low blood glucose

Hypoglycaemia occurs when the blood glucose level drops below a normal level. Hypoglycaemia can be caused by too much insulin; delaying a meal; not enough food; or unplanned or unusual exercise. A 'hypo' can be dangerous if not treated promptly and can potentially cause irrational or confused behaviour, a seizure and possible loss of consciousness. It is important to treat hypos rapidly as students can feel unwell and their judgment and cognitive abilities may be impaired.

Hyperglycaemia (Hyper) – High blood glucose

Hyperglycaemia is a condition in which the blood glucose increases above the normal level. Hyperglycaemia can be caused by insufficient insulin; too much food; common illness; and/or stress. It is uncommon for blood glucose levels to be high, however this state should be avoided where possible and persistent high levels reported back to parents.

Implementation:

- Upon enrolment or when a health care need is identified, Gladstone Views Primary School in conjunction with parents/carers and treating medical team will develop a clear and tailored health management plan to support the student's individual health care needs.
- At Gladstone Views Primary School we ensure that students with **Type 1 and 2 Diabetes** have:
 - a current individual *Diabetes Management Plan* prepared by the student's treating medical team (provided by parents/carers)
 - a *Student Health Support Plan*, developed by the school in consultation with the parents/carers and where appropriate the student's treating medical team
- Students will be supported by a First Aid Officer to learn to take responsibility for the management of their own health needs in non-emergency situations where possible.

Strategies

This table describes the different ways our school can support students in managing diabetes and make reasonable adjustments to enable students to participate in their education on the same basis as their peers who don't have diabetes.

Strategy	Description
Monitoring Blood Glucose Levels (BGLs)	<p>The management of diabetes depends on balancing the effects on blood glucose levels. Food (carbohydrate), physical activity, insulin and stress can all impact on an individual's blood glucose levels. Checking blood glucose levels requires a blood glucose monitor and finger pricking device. Most students should be able to perform BG checks independently.</p> <p>Student's Diabetes Management Plans should state monitoring times and the response to the BGL, as well as the method of relaying information about any changes in blood glucose levels. Depending on the student's age, a communication book can be used to provide information about the student's change in BGLs between parents/carers and the school.</p>
Administering Insulin	<p>Administration of insulin during school hours may or may not be required as per the student's Diabetes Management Plan.</p> <p>Students who require assistance to administer their insulin will receive this support from a nominated school staff member who has received appropriate training in the administration of insulin. Administering insulin will occur in a secure location (i.e. First Aid room).</p> <p>If insulin is administered at school, the student's parents/carers must provide clear advice regarding the dose and timing as per the Diabetes Management Plan. The student's parents/carers should ensure instructions in these plans are updated as circumstances or health requirements change.</p>
Communication	<p>It is important to establish a culture of inclusion and to support young people with diabetes so they can participate fully and safely at school.</p> <p>Open communication between the school and parents/carers and students is key to ensuring optimal diabetes management and student engagement, as well as ensuring there is clarity and shared understanding in relation to roles and responsibilities for everyone involved in the student's care.</p>
Infection Control	<p>Infection control procedures must be followed. These include providing clear instructions to relevant staff on how to prevent infection and cross contamination when checking blood glucose levels and administering insulin. This includes measures such as hand washing, one student/child one device, disposable lancets and syringes and the safe disposal of all medical waste.</p>
Activities, Special Events, School Camps and Excursions	<p>Students with diabetes can generally participate fully in camps, excursions and special events. The student's Health Support Plan should be reviewed before a student attends an excursion or camp. A specific diabetes camp plan should be created by the student's treating medical team, in consultation with the parent(s)/carer(s). Our school will develop risk assessment plans in consultation with the student's parents/carers that identify foreseeable risks and provide reasonable steps to minimise and manage those risk.</p>
Special Activities	<p>Our school will make reasonable adjustments in their management of activities and other special events to ensure students with diabetes are able to fully and safely engage in education and related activities.</p>

Strategy	Description
Physical Activity	<p>Students will be encouraged to participate in physical activities as it has broad health and wellbeing benefits for the individual. However, special precautions are necessary for students with diabetes.</p> <p>Exercise may affect blood glucose levels and as a result student's Diabetes Management Plans, Diabetes Action Plans and Health Support Plans must include specific advice on how staff should assist and monitor students participating in physical activity.</p>
Timing Meals	<p>Most students will have a food plan that fits in with regular school and care routines, avoiding the need to eat regularly in class or at odd times. Younger students may require extra supervision at meal and snack times to ensure they eat the food provided and do not share food with other students.</p> <p>Meal requirements of students should be communicated to all supervising staff. All supervising staff must understand that students with diabetes cannot delay meal times and special consideration must be given to students with diabetes if an activity is running overtime.</p>

Review Cycle:

This policy will be reviewed as part of the school's three-year review cycle.