

## MANAGING DIABETES IN SCHOOLS – BEST PRACTICE GUIDELINES

### Resources

#### [New Diabetes Management and Action plans](#)

For a number of years, the Diabetes Management and Emergency Response Plan (Form 6) has been used to plan health care for students with Type 1 Diabetes (T1DM). This form has now been replaced by nationally endorsed [Diabetes Management and Action Plans](#) developed by Diabetes Australia and contextualised for WA by the Perth Children's Hospital (PCH) Diabetes Service. Professor Liz Davis, Head of the PCH Diabetes Service, has endorsed the implementation of these documented plans and advised that they are based on current evidence-based best practice.

Three separate plans target the different approaches to managing T1DM:

- Twice daily injections
- Multiple daily injections
- Insulin pump management.

These plans are available on Diabetes WA website which also includes Sample Camp Plans, Continuous Glucose Monitoring (CGM) Plans and Flash Monitoring Plans. Students with T1DM may utilise one of these monitoring systems to monitor their health. If a student with T1DM presents to school without a diabetes health care plan, parents should be provided with Diabetes WA Management and Action Plans appropriate to their child's treatment regime to complete.

**Urgent medical information** is provided by the PCH Diabetes Triage Nurse when the parent cannot be contacted. School Staff will need to leave a detailed message and the call will be returned in order of priority.

**PCH Diabetes Triage Nurse  
6456 1111**

#### **Professional learning to assist school staff to support students with T1DM**

- Online learning – the [Diabetes Professional Learning for Schools](#) is provided by the PCH Diabetes Service and School of Special Educational Needs: Medical and Mental Health (SSEN:MMH). Completion of each module concludes with a short test and the modules can be used to meet AITSL standards 1.6; 4.1; 4.4; 6.1; 6.2; 6.3; 6.4; 7.1; 7.2; 7.3, 7.4.
- In-Service – [Diabetes Awareness in Schools](#) sessions are available through Diabetes WA on a fee-for-service basis. Phone 1300 001 880.
- Webinar entitled 'Diabetes and Schools' is available at [www.as1diabetes.com.au](http://www.as1diabetes.com.au) Also available at this website are resources for use with students.

#### **Specific training to help school staff support individual students**

Practical training for school staff in managing diabetes and using equipment for a specific child should be provided by parents/carers who have already been trained by the PCH Diabetes Service.

#### **Websites**

[Diabetes WA](#) provides a webpage with resources suitable for professionals

[Telethon Kids Institute](#) Children's Diabetes Centre provides a range of up to date resources related to Diabetes in school including Websites and videos, for example:-



- [Cleo's Story Managing Diabetes in School](#)
- [Jasper's Story: Teenagers, Diabetes and Wellbeing](#)
- [Diabetes How to test your blood glucose levels](#)

### Books

- An eBook [Mastering Diabetes in Pre-Schools and Schools](#) has recently been published by Diabetes Australia and has the support of the PCH Diabetes Service and Diabetes WA. Pages 24 and 28 are not accurate for young people in WA so schools should refer to the student's management and action plan.
- For young readers [Coco Goes Back to School](#) is one of a series of interactive books which can be read by individual students or to a class to help students understand diabetes.

### Recommended Strategies

- The recommendation is for students to do their Blood Glucose Level (BGL) checks in the classroom so diabetes becomes a **normal/routine** part of their life. This practice can also help demystify diabetes for the other students.
- If the student is unwell or possibly has a low BGL, he/she should be treated where they are and not move to another part of the school. Walking when they are 'low' can lower their BGL further and may cause them to become unconscious. For this reason, the student should check their BGL in the class before walking to have their lunchtime injection, if they inject in a central area e.g. office or nurse's office.
- Diabetes BGL checking kit needs to be with the student at all times.
- Even if a student is independent with their diabetes management, several staff members should be trained in how to do BGL checks / manage a pump etc in case the student is unable to do their own checks. In such an event, staff should have easy access to the student's checking equipment.
- Excursions and camps require some forward planning for students with T1DM, but having diabetes should not exclude them from such activities as guided by the Disability Standards for Education 2005. Excursions – ensure the student's checking kit is with them at all times and not on a different bus etc. Also aim to have meal times on the excursion at the same time students usually eat at school. Camps – provide the parent with camp details e.g. menu and activities, as early as possible so they can discuss and plan for these with the PCH medical team (see Sample Camp Plan at Diabetes WA website ([Diabetes Management and Action Plans](#))).

### School of Special Educational Needs: Medical and Mental Health (SSEN:MMH)

**Diabetes Liaison Teachers'** role is to provide a communication link between the school and the PCH Diabetes Service for referred patients. If school staff require additional educational information about a specific student, they should send an email with Diabetes in the subject line. Signed consent is a requirement to exchange individualised information.

Email: [ssenmmh@education.wa.edu.au](mailto:ssenmmh@education.wa.edu.au) Website: [ssenmmh.wa.edu.au](http://ssenmmh.wa.edu.au)