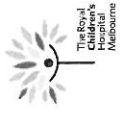


Diabetes Management Plan for Blake Student 2012

St Elsewhere Secondary School will support Blake's self-care plan



Insert picture of Blake		<p>HYPER [Hyperglycaemia] Blood Glucose Levels Above 15.0 mmol/L</p> <p>Possible symptoms</p> <ul style="list-style-type: none"> • frequent urination, thirst • nausea, irritability <p>TEST FOR BLOOD KETONES If Ketones are 0.6 mmol/l Blake will need more insulin. Ketones of 0.6 or less is negative. Encourage water.</p> <p>Enter BGL into pump. The pump will deliver insulin. If BGL is still high (> 15.0) in 2 hours, Blake will need to inject insulin and perform a canula resite. CONTACT PARENTS IF:</p> <ul style="list-style-type: none"> • Ketones >0.6mmol/L • Pump line is out <p>If Blake feels sick</p>
<p>HYPO [Hypoglycaemia] Blood Glucose Levels (BGL) Below 4.0 mmol/L</p> <p>BGL 2.0- 4.0 Possible symptoms</p> <ul style="list-style-type: none"> • Pale • hungry • trembling or shaky • reporting feeling "hypo" <p>Action <u>Give sugar serve only</u></p> <ul style="list-style-type: none"> • If still symptomatic in 10 minutes then retreat <p>Serve Amounts Sugar = 2 ½ snakes Carbohydrate = 1 small packet of dry biscuits</p> <p>Blake will have access to hypo food at all times. Blake will carry BG meter and hypo food with him. Hypo food also kept in classroom and office.</p>	<p>BGL <2.0 Possible symptoms</p> <ul style="list-style-type: none"> • Pale • hungry • trembling or shaky • reporting feeling "hypo" <p>Action</p> <ol style="list-style-type: none"> 1) Sugar serve 2) Suspend pump 3) Carbohydrate serve 4) Retest BGL in 30mins 5) RESTART PUMP ONCE BGL OVER 4.0mmol/L 	<p>SEVERE Possible symptoms</p> <ul style="list-style-type: none"> • unable to stand • disorientated or confused • unable to swallow • unconscious or fitting <p>Action If able to swallow Blake can sip on sugar fluid/paste.</p> <p>If unconscious use recovery position.</p> <p>Remove pump from Blake's body.</p> <p><u>Call ambulance 000 then call parents</u></p> <p>Never leave Blake unattended.</p>
<p>Blake wears an insulin pump which continually delivers insulin All BGL levels and carbohydrates (CHO) will be entered by Blake into the pump. The pump automatically delivers the insulin. Recess - Entry of BGL & CHO into pump before eating Lunch - Entry of BGL & CHO into pump before eating Before end of school – Entry of BGL Blake keeps a supply of pump equipment and insulin at school.</p>		<p>Testing (eg NAPLAN) or Exams: please ensure Blake has a BGL of > 5.0 prior to commencing or starting a test.</p> <p>Excursions: please ensure BGL meter, hypo and activity food accessible. Schedule for diabetes care is carried out as usual and bus drivers alerted to need for these items on bus.</p> <p>Camps: require dedicated camp plan. Please discuss with Blake's parents.</p>
<p>CONTACT NUMBERS</p> <ul style="list-style-type: none"> • Home: 9090 0606 • Mum 0410 003 004 Dad 0410 002 003 • Royal Children's Hospital 9345 5522 <p>Ask for Diabetes Registrar or Diabetes Nurse Educator</p>		<p>EMERGENCY</p> <ul style="list-style-type: none"> • Ambulance 000