

## BUSTING MYTHS

### TYPE 1 DIABETES

- Is NOT caused by eating sweets
- Does NOT run in families
- NOT caused by something parents might or might not have done
- NOT a lifestyle disorder

## LOW BLOOD GLUCOSE

If child has any of the below symptoms, they might be having low blood glucose.

Treat with ..... teaspoons sugar/glucose (refer to Hypoglycemia treatment guide)

- Clammy/sweaty skin
- Giddiness/dizziness
- Sudden pale skin
- Tiredness, hunger
- Headache
- Poor concentration
- Glazed or staring eyes
- Slurring of words

**If drowsy/unconscious/having fits**

**DO NOT FEED**

**PUT IN RECOVERY POSITION**

**CALL AMBULANCE & PARENTS**

## Have an Emergency Kit



GLUCOMETER



INSULIN



LOW GLUCOSE TREATMENT KIT



### Parents contact numbers

**Mother:** \_\_\_\_\_

**Father:** \_\_\_\_\_

**Nearest hospital  
Emergency Number:** \_\_\_\_\_

**Ambulance  
Number:** \_\_\_\_\_

For more information:

[www.ispae.org.in/category/diabetes/diabetes-care-at-school/](http://www.ispae.org.in/category/diabetes/diabetes-care-at-school/)

[www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes/schools/diabetes-in-schools-resources](http://www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes/schools/diabetes-in-schools-resources)

[www.jdrf.org/wp-content/docs/JDRF\\_School\\_Advisory\\_Toolkit.pdf](http://www.jdrf.org/wp-content/docs/JDRF_School_Advisory_Toolkit.pdf)

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INDIAN SOCIETY FOR PEDIATRIC AND  
ADOLESCENT ENDOCRINOLOGY

# A Guide to School

To support children with diabetes

## WHAT IS DIABETES?

Diabetes is a chronic condition that results from the body's inability to use and store glucose.

It is caused by inadequate insulin production or action, resulting in high blood sugar levels.

There are two major types of diabetes, type 1 and type 2.

**Type 1 diabetes is the form usually seen in children. T1D occurs when the body stops making sufficient insulin.**

**Type 1 diabetes is NOT contagious. It is controllable.**

## CHECKING BLOOD GLUCOSE & TAKING INSULIN

A child with diabetes needs to check blood glucose levels using a glucometer or CGMS several times a day to make sure it's not too high or too low. They also need to take Insulin injection prior to meals. Kindly allow enough time and provide a safe and clean place to perform these diabetes self-care activities. The best place for this may be the classroom itself.

The child can perform these actions, supervised by the teacher. In case of a young child, parents can teach the school nurse (if available) or teacher to help the child check the blood glucose and take insulin.

## MEALS AND SNACKS

In children with diabetes blood glucose is affected by the amount of food, physical activity, and the insulin they take. Their meals and snacks need to be eaten at about the same time each day. Please allow enough time to have meals and timely snacks. If the blood glucose is dropping, the child may need to take additional snack. Parents must ensure the availability of sugar and snacks in school, for times of need.

## PARTICIPATION IN ACTIVITIES

A child with Diabetes **should NOT be considered "sick" or "different" from other children.**

They should be encouraged to participate in all kinds of activities. But certain precautions need to be taken. Many children with diabetes need to eat prior to physical activity. Please allow the child time to eat a snack before as well as during the activity if their blood glucose begins to drop.

## BLOOD GLUCOSE (BG) GUIDE FOR ACTIVITIES

**BG < 55: NO** activity, give .....teaspoons glucose/ sugar, wait for 15 min, when BG normal give snack.

**BG 55-80: NO** activity, give .....teaspoons glucose/ sugar, wait fo 15 min, when BG normal, give snack and then proceed with activity. Check BG after 1 hour. Might need to eat another snack if BG below 80-90.

**BG > 250-300:** discourage activity, allow drinking plenty of water, inform parents, as ketones may need to be checked

## GOING ON A FIELD TRIP

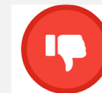
The diabetes supply pack (Glucometer, insulin, and fast-acting sugar like glucose/sugar/hard candy) should always accompany the child.

Extra snacks should be taken along in case lunch is delayed or if child gets more exercise than usual.



### DO

- Insist individual diabetes management plan with emergency contact details from parents
- Allow extra time to check blood glucose, eat snack when needed
- Identify Danger signs promptly
- Inform Parents immediately and reach nearby hospital emergency if danger signs



### DON'T

- Restrict the child from checking blood glucose, eating an extra snack
- Restrict bathroom breaks, and taking rest when needed
- Leave the child unattended when unwell
- Restrict the child's activities/sports
- Exclude from trips