

## Guidelines for the Care of Students with Diabetes and Self-management in School Setting

The Shawsheen Valley Technical High School is committed to providing a safe school environment and possible off campus experiences such as off-site projects and Cooperative jobs in upperclassmen years. Diabetes is a chronic illness with many events during the illness that makes consistent daily activities very challenging. The goal is access to quality care directed and assisted to the student developing their independence with their self-management skills. In preparation for a student with Diabetes to enter into a Vocational Education environment, it is imperative that parents/guardians communicate with the RN School Nurse to:

- Inform the RN School Nurse of Diabetes diagnosis once the student is accepted to Shawsheen Tech
- Provide specific medical information related to pump, supplies, self-management skills mastered to date and any potential concerns.
- Provide the current prescribed Diabetes Management plan/Medical Orders including Treating Endocrinologist, address, and contact information
- If appropriate, request a planning meeting for the care of student with diabetes and discussion regarding interactions of diabetic students within a vocational school.
- Discuss the preferred communication methods for academic and vocational teachers, as well as other staff (i.e. guidance counselor, school psychologist) and appropriate school staff who need to be informed.
- Five days to 2 weeks prior to start of school, provide all supplies and equipment, batteries, and emergency supplies such as short and long-term carb juices, snacks, and emergency Glucagon.
- For Athletes, discussions regarding after school food sources for home and away games/practices. The Athletic Trainor and Coach will be made aware of emergency contact and self-management skills

**Individual Health Care Plan (IHCP)** - Very often, the middle school will forward current IHCP. In response to discussions, meetings and any problems that occur the beginning of school, the IHCP will be updated and reviewed along with the current physician orders for self-management/RN supervision. In the beginning of the year, I highly recommend supervision mid-morning, lunch and prior to school departure. Along with the IHCP, an Emergency Plan with signs/symptoms for both Hypoglycemia and Hyperglycemia is included for school personnel responsible for your student. It will outline how to assist your student, how to determine if school nurse personnel need to respond on site for your student.

NOTE: take into account current 504 Plan, or Individualized Educational Plan-(IEP)

**The Goal of Self Administration/Management-** While it is critical to provide students with the appropriate level of diabetes care in the school setting, it is important to enable students to assume the responsibility of diabetes self-management, once they possess the skills, experience, and needed level of confidence and competency. The responsibility can be overwhelming at times, but as school nurses we are always there to assist the student, encourage and problem solve with them as they move toward independence for their diabetes management. That will not happen by the end of high school for some, but that is OK.

