

## Diabetes Care Plan & Healthcare Provider Order for Student with Diabetes



Mecklenburg County Public Health.

<b>School Name</b>	<b>School Phone #</b>	<b>Fax:</b> (704) 432-2079 (School Health)	<b>For School Use Only</b>
			<b>Date Received/Receiver's Signature:</b>
<b>Student's Name (Please print.)</b>	<b>Student's Date of Birth</b>		<b>Medication Received?</b> <input type="checkbox"/> yes <input type="checkbox"/> no
			<b>Date Approved/Nurse's Signature</b>
<b>Parent/Guardian: Please read all pages of the Care Plan and Order. Sign and date the bottom of the first and last pages to show your agreement.</b>			<b>Entered in EHR?</b> <input type="checkbox"/> yes <input type="checkbox"/> no
			<input type="checkbox"/> <b>Student Self Carries</b>
			<input type="checkbox"/> <b>Medication in Health Room</b>
			<input type="checkbox"/> <b>Medication in Classroom</b>

**Important Information about Medication Administration in CMS Schools**

- When possible, medications should be taken before or after school. Administration of non-prescription medications at school is discouraged.
  - Written parent/guardian consent and an order from a healthcare provider licensed in North Carolina are required for administering prescription and over-the-counter medications at school (CMS Policy JLCD/Regulation JLCD-R). Contact the school nurse for help if relocating from another state with orders from an out-of-state provider.
  - Some medications may not be suitable for a school setting. Additional documentation may be required for some medications (examples: research medications, medications with potential for immediate serious side effects). Contact the school nurse if you have questions.
  - Unless changed in writing, this plan will be used for the entire school year within which it was written.
  - Medications are given by a nurse or trained CMS staff.
- No medication will be given by a CMS staff person until this authorization has been approved by a school nurse.
  - New authorization forms are required at the beginning of every school year, when the dose or directions change, and when a new medication is prescribed. Parents/guardians must supply the medications.
  - Each medication must be in the original labeled container from the pharmacy or healthcare provider's office. Some pharmacies will provide an extra container for school use.
  - Information about this medication and the student's health may be shared with other school staff or agents of the school to help assure the student's safety and success at school.
  - The school nurse may contact the healthcare provider who prescribed the medication and the pharmacy where the prescription was filled to discuss this medication and the student's health.

<b>Healthcare Provider's Name / Address / Phone / Fax (please print or use stamp)</b>	<b>Parent/Guardian Contact Information (please print)</b>	
	Parent/Guardian	
	Phone:	Phone:
	Parent/Guardian	
	Phone:	Phone:

I have read and understand the "Important Information about Medication Administration in CMS Schools" in this action plan. I give permission for my child to receive the medications noted in this plan during school hours. I give permission for the healthcare provider, pharmacist and their staff to provide information to the school nurse about this medication and my child's health. On behalf of my child, I release the Charlotte-Mecklenburg Board of Education, their agents and employees from any and all liability whatsoever that may result from my child taking this medication at school.

*Write on line below.*

Parent's/Guardian's Name (print)

Signature

Date

*To be completed by a Licensed Healthcare Provider*

Student:	DOB:	Valid for Current School Year:	Type 1 <input type="checkbox"/>
School:	Grade:	Year of Diagnosis:	Type 2 <input type="checkbox"/>

Glucagon	CGM
<b>IM Injection:</b> <input type="checkbox"/> 0.5 mg <input type="checkbox"/> 1.0 mg <b>Nasal Glucagon</b> <input type="checkbox"/> 3 mg <b>SQ Injection:</b> <input type="checkbox"/> 0.5 mg <input type="checkbox"/> 1.0 mg	<b>Student with CGM</b> <input type="checkbox"/> YES <input type="checkbox"/> NO <b>Brand/ Model:</b> _____ <b>CGM set to alarm at:</b> ____ (low) ____ (high)
Blood Sugar Testing/ Monitoring	
<b>Student's BS Target Range:</b> _____ mg/dl to _____ mg/dl <b>Test Blood Sugar (check all that apply):</b> <input type="checkbox"/> Before meals <input type="checkbox"/> Before snacks <input type="checkbox"/> Before exercise <input type="checkbox"/> After exercise <input checked="" type="checkbox"/> Symptoms of low/high BS <input type="checkbox"/> 30-45 minutes before dismissal	<b>NOTE:</b> CGM results will be confirmed with finger stick prior to making treatment decisions unless an FDA approved CGM is being used.

Insulin Administration																							
<b>Type of Insulin:</b> _____ <b>Route:</b> <input type="checkbox"/> Pen <input type="checkbox"/> Syringe <input type="checkbox"/> Pump/ Type: _____	<b>TO DETERMINE INSULIN DOSE USE:</b> <input type="checkbox"/> Correction Scale <b>or</b> <input type="checkbox"/> Correction Formula																						
<b>CORRECTION SCALE:</b> Use only if two hours have passed since last insulin administration. For pump users, only use for pump malfunction.	<b>CORRECTION FORMULA:</b> Use when Blood Sugar greater than _____ mg/dl.																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">BS Range _____ mg/dl</td> <td style="width: 50%;">Administer _____ units</td> </tr> <tr> <td>BS Range _____ mg/dl</td> <td>Administer _____ units</td> </tr> <tr> <td>BS Range _____ mg/dl</td> <td>Administer _____ units</td> </tr> <tr> <td>BS Range _____ mg/dl</td> <td>Administer _____ units</td> </tr> <tr> <td>BS Range _____ mg/dl</td> <td>Administer _____ units</td> </tr> <tr> <td>BS Range _____ mg/dl</td> <td>Administer _____ units</td> </tr> <tr> <td>BS Range _____ mg/dl</td> <td>Administer _____ units</td> </tr> <tr> <td>BS Range _____ mg/dl</td> <td>Administer _____ units</td> </tr> <tr> <td>BS Range _____ mg/dl</td> <td>Administer _____ units</td> </tr> <tr> <td>BS Range _____ mg/dl</td> <td>Administer _____ units</td> </tr> </table>	BS Range _____ mg/dl	Administer _____ units	BS Range _____ mg/dl	Administer _____ units	BS Range _____ mg/dl	Administer _____ units	BS Range _____ mg/dl	Administer _____ units	BS Range _____ mg/dl	Administer _____ units	BS Range _____ mg/dl	Administer _____ units	BS Range _____ mg/dl	Administer _____ units	BS Range _____ mg/dl	Administer _____ units	BS Range _____ mg/dl	Administer _____ units	BS Range _____ mg/dl	Administer _____ units	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;">Target Blood Sugar: _____</td> <td style="width: 50%; text-align: center;">Correction Factor/ Sensitivity: _____</td> </tr> </table> <p>A = Correction Insulin is  <b>(Blood Sugar – Target) ÷ Correction Factor</b></p> <p>B = Carbohydrate/ Food Insulin is  <b>( grams of carbs intake ÷ carbohydrate ratio)</b></p> <p><b>Total Insulin Dose = A + B</b></p> <input type="checkbox"/> Round up <input type="checkbox"/> Round down <input type="checkbox"/> ½ unit dosing	Target Blood Sugar: _____	Correction Factor/ Sensitivity: _____
BS Range _____ mg/dl	Administer _____ units																						
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<input type="checkbox"/> Parent/guardian authorized to increase/decrease correction scale within _____ units of insulin																							

Carbohydrate Ratio		
Breakfast _____ unit per _____ grams of carbs	Lunch _____ unit per _____ grams of carbs	Snacks _____ unit per _____ grams of carbs

**\*\*\*Insulin will be given before meals unless the following box is checked for after meals**

- Pump settings are established by the student's healthcare provider and should not be changed by school staff
- Contact parent/guardian and/or healthcare provider with any concerns about pump functioning/failure/error messages, as well as insertion site concerns including redness or soreness at site

Student's Ability to Self- Manage Diabetes Care	
<b>Student is independent in all aspects of care</b> <input type="checkbox"/> YES <input type="checkbox"/> NO	<b>Student needs assistance with the following:</b> <input type="checkbox"/> Testing blood sugar <input type="checkbox"/> Verification of blood sugar reading <input type="checkbox"/> Treating mild hypoglycemia <input type="checkbox"/> Administering insulin <input type="checkbox"/> Verification of insulin dose <input type="checkbox"/> Changing pump site <input type="checkbox"/> Testing urine ketones <input type="checkbox"/> Changing CGM
Signatures	
<b>Healthcare Provider:</b> _____	<b>Parent/ Legal Guardian:</b> _____
<b>Date:</b> _____	<b>Date:</b> _____
<b>Reviewed by School Nurse:</b> _____	
<b>Date:</b> _____	

## Care Plan for Student with Diabetes

Name:	DOB:	Valid Current School Year:	Type 1 <input type="checkbox"/>
School:	Grade:	Year Diagnosed:	Type 2 <input type="checkbox"/>

### Parent/ Legal Guardian's Contact Information

Name:	Contact Number:
Name:	Contact Number:

### Trained Diabetes Care Team Members

Name:	Name:
Name:	Name:

*IF THE STUDENT IS SENT TO THE HEALTH ROOM, THEY MUST BE ACCOMPANIED BY AN ESCORT*

### HYPOGLYCEMIA: BLOOD SUGAR LESS THAN 80 mg/dl

Signs and symptoms of hypoglycemia:

- Dizziness      ● Hunger      ● Headache      ● Shaking      ● Blurry vision      ● Loss of consciousness
- Behavior changes      ● Anxiety      ● Pallor      ● Seizure      ● Weakness/fatigue      ● Other \_\_\_\_\_

1. Test blood sugar (BS) with any complaint/symptom, if blood glucose meter not available, treat symptoms.
2. For blood sugar less than 80 mg/dl: Treat IMMEDIATELY with 15-gram fast acting carbohydrate snack (juice, glucose tab, etc.) and recheck every 15 minutes until above 80mg/dl. SUSPEND INSULIN PUMP AND NOTIFY PARENT/GUARDIAN.
3. If unable to drink juice: Administer glucose gel or cake icing to inside of cheek. Recheck and retreat every 15 minutes until BS >80 mg/dl. NOTIFY PARENT/GUARDIAN.
4. Once BS is >80mg/dl and if it is going to be more than 1 hr. until the next meal or snack, give an additional 15 grams complex carbohydrate snack (i.e. cheese and crackers, granola bar, trail mix) to sustain BS.
5. DO NOT cover carbohydrates that were used to bring BS up to within target range and snack given to sustain BS with insulin. Once blood sugar level is within target range, blood sugar should not be re-checked and treated within the following 2 hours, unless student has symptoms of a low BS.
6. If unconscious, convulsing, unable or unwilling to take glucose gel or juice: Administer Glucagon and call 911, position student on side in case of vomiting, then notify parent/guardian.

### HYPERGLYCEMIA: BLOOD SUGAR GREATER THAN 300 mg/dl

Signs and symptoms of hyperglycemia:

- Increased Thirst      ● Hunger      ● Irritability      ● Nausea/Vomiting
- Frequent urination      ● Fatigue      ● Double vision      ● Abdominal pain

1. Check blood sugar.
2. If blood sugar is over 300 mg/dl and at least 2 hours from last insulin dose, give insulin per sliding scale or bolus via pump.
3. Check urine ketones. If ketones are present, call parents. STUDENT SHOULD NOT EXERCISE.
4. Give 8-16 oz. of water per hr.
5. Recheck blood sugar in 2 hours and treat with sliding scale insulin, as needed. **\* See below for pump.**
6. When student is having symptoms of nausea and vomiting, student will be released from school to parent/guardian.

**\* When student has insulin pump:**

If BS is greater than 300 mg/dl with ketones or 2 consecutive unexplained BS's greater than 300 mg/dl (with or without ketones), may indicate a malfunction in the pump. Student may require insulin via injection and/or new infusion site. PARENT/GUARDIAN MUST BE NOTIFIED.

<b>School Nurse Signature:</b>	
<b>*Parent/Legal Guardian Signature:</b>	

**\*Parent/ Legal Guardian:** By signing, I understand that all procedures will be implemented in accordance with state laws and regulations and may be performed by an unlicensed school personnel under the training and supervision provided by the school nurse.