



2020-2021 DIABETES PLAN

LEXINGTON CHRISTIAN ACADEMY

450 West Reynolds Road, Lexington KY 40503

(859) 422-5700 * www.lexingtonchristian.org

Student's Name: _____ DOB: ___ / ___ / ___

Campus: _____ Grade Level: _____ Homeroom Teacher: _____

Parent/Guardian Name: _____ Cell #: _____

Parent/Guardian Name: _____ Cell #: _____

Emergency Contact Name: _____ Cell #: _____

Relationship: _____

Doctor: _____ Phone #: _____

Location of Diabetic Snacks: _____ Location of Glucose Meter: _____

Glucagon Ordered? Yes No Location of Glucagon: _____

HOW TO TREAT LOW BLOOD SUGAR

Signs and symptoms of low blood sugar (hypoglycemia)

- The student complains about feeling 'low.'
- The student exhibits some or all of the following symptoms:

*Hungry	*Weakness	*Other _____
*Shaky	*Pale	
*Unable to Concentrate	*Poor Coordination	
*Lethargic	*Combative	
*Moist Skin, Sweating	*Dizzy	

If blood sugar is _____ or less or if signs of low blood sugar are present:

1. Give one of the following fast-acting carbohydrates:
 - a. 4 oz. (1/2 cup) apple or orange juice
 - b. 4 oz. regular soda (no diet soda)
 - c. Honey packet
 - d. Half-tube of cake icing
 - e. Other: _____
2. Do not leave the student alone or send to the office alone.
3. Observe the student for 10 to 15 minutes and check for improvement:
 - a. Student feels/appears OK and
 - b. Blood sugar is > _____ when re-checked
4. If student continues to feel poorly or blood sugar is less than _____, repeat steps 1 through 3 until blood sugar is > _____
5. If the student improves, have him/her eat one of the following:
 - a. Lunch or snack – whichever is due within the hour or
 - b. Pre-packaged snack such as peanut butter crackers if lunch or snack is not scheduled within the hour.

IF STUDENT IS UNABLE TO PARTICIPATE IN CARE:

1. If student is having symptoms such as: __ unable to swallow __ uncooperative __ combative __ unconsciousness __ seizures
 - a. Place student on his/her side and have someone else call Parent/Guardian and 911.
 - b. Keep student safe if he/she has seizure activity by moving furniture, etc.
2. Give Glucagon injection per physician order.
3. Observe and monitor until Emergency Medical Service (EMS) arrives.
4. When improved, give regular soda, apple juice, or other fact acting carbohydrate as tolerated. Avoid giving orange juice if Glucagon was administered due to possible nausea and vomiting.

HOW TO TREAT HIGH BLOOD SUGAR

Signs and symptoms of high blood sugar (hyperglycemia)

- The student with hyperglycemia will exhibit some or all of the following symptoms:

*Excessive Thirst	*Nausea	*Inability to Concentrate
*Frequent Urination	*Blurry Vision	* Other _____
*Personality/Behavior Change	*Fatigue	
- If the student exhibits any of the symptoms listed above, check the student's blood glucose.

If blood glucose is higher than _____, or the above symptoms are present:

1. Encourage the student to drink water.
2. Allow free access to the bathroom.
3. Notify the Parent/Guardian. If Parent/Guardian cannot be reached, call for medical assistance.
4. If the student is vomiting or lethargic, call the Parent/Guardian, or call for medical assistance if Parent/Guardian or emergency contact cannot be reached.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ **Date:** _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ **Date:** _____

School Administrator: _____ **Date:** _____