

Diabetes

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School Nurse Workshop

2022

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Diabetes Education



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School Packets

- Printing from discharge instructions
- Electronic signature
- Parents can retrieve from their patient portal if they lose them
- They will still get a hard copy at clinic visit




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School Packet Example

Elsevier Interactive Patient Education [REDACTED] ID# [REDACTED] MR# [REDACTED]

1600 - 7th Ave. S.
Birmingham, AL 35233



Main Hospital
205.638.9100

Patient Name: [REDACTED]
Physician: Zimston, Alexander

PRESCRIBER AUTHORIZATION
CORRECTION FACTOR INSULIN TO CARB RATIO
STUDENT INFORMATION

Date of Birth: 04/01/2009 Weight: ___ lbs
 No known drug allergies --- if drug allergies list: _____

START DATE: 04/26/2022 STOP DATE: 04/26/2023

Round up Whole Unit
 Round down Half Unit
 Round to the nearest

When a correction is needed with the meal dose...please add the correction and meal dose together before rounding

CORRECTION DOSE
Name of Medication: Insulin (Novolog); Frequency/Time (s) to be given: Correction Factor can be used as long as it has been 3 hours or greater since last correction dose given. Route: Subcutaneous.

Dosage: Correction Factor = (Blood sugar - 120) ÷ 30

Name of Medication: Insulin (Novolog). Route: Subcutaneous.
Insulin to carbohydrate ratio ÷ correction factor (if needed) = total amount of insulin to be given.
Remember you must wait 3 hours between correction dose administrations but can give meal dose as scheduled

MEALS/ SNACK DOSE

Dosage: 1 unit(s) for every 5 grams of carbohydrate eaten; Time to be given: before breakfast (if applicable)
Dosage: 1 unit(s) for every 5 grams of carbohydrate eaten; Time to be given: before lunch
Dosage: 1 unit(s) for every 5 grams of carbohydrate eaten; Time to be given: before dinner (if applicable)
Dosage: 1 unit(s) for every 5 grams of carbohydrate eaten; Time to be given: before snack (if applicable)

Reason for taking medication: Control blood sugars
Potential side effects/contradictions/adverse reactions: Low blood sugars
Treatment order in the event of an adverse reaction: See pages 8-9 of Medical Plan

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School Packet Guidelines

- Patient must have been seen in clinic within the past year.
- Diabetes educator must speak to the caregiver to verify doses
- School packet may be given with expiration date at next appointment so make sure you verify expiration date.



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Scenario 1

Johnny is an 8 year old type 1 diabetic using insulin pens for dosing. He is in your office complaining of a stomach ache. You check his blood sugar and its 294 and he has moderate ketones. He just ate lunch 2 hours ago and he only received carb dosing for lunch. What do you do?

- A. Give correction factor, water, and call caregiver
- B. No insulin, send back to class with water
- C. Give a snack and carb ratio



Scenario 1 Answer

- A. Give correction factor, water, and call caregiver
- B. No insulin, send back to class with water
- C. Give a snack and carb ratio



Scenario 2

Jane is 14 yr. old type 1 diabetic. She is in your office to check a blood sugar before getting on the bus. Her blood sugar is 64 and she is experiencing no symptoms. What do you do?

- A. Send her to the bus with juice and crackers
- B. Nothing she is the first drop off
- C. Follow the “rule of 15” to treat a low blood sugar and once her blood sugar is within normal limits give a long acting carb and let her get on bus (unless parents have a different plan for transportation in the case of lows).



Scenario 2 Answer

- A. Send her to the bus with juice and crackers
- B. Nothing she is the first drop off
- C. Follow the “rule of 15” to treat a low blood sugar and once her blood sugar is within normal limits give a long acting carb and let her get on bus (unless parents have a different plan for transportation in the case of lows).



Scenario 3

Suzy is an 8 yr. old type 1 diabetic. She has a class party scheduled at snack 2 hours after lunch. She received a correction factor and carb ratio for lunch with her insulin pen. She wants to have birthday cake and snacks with the rest of the class. What do you do?

- A. Check her blood sugar and let her participate if normal
- B. Dose for the carbs she will eat and do not give correction factor
- C. Check her blood sugar and give correction factor and carb ratio dose



Scenario 3 Answer

- A. Check her blood sugar and let her participate if normal
- B. Dose for the carbs she will eat and do not give correction factor
- C. Check her blood sugar and give correction factor and carb ratio dose



Scenario 4

Billy is a 10 yr. old, type 1 diabetic and wears a Dexcom CGM. He is outside for field day. You receive a notification from the Dexcom that his blood sugar is LO. When you arrive he is playing with no symptoms. What do you do?

- A. Take supplies with you and check his blood sugar via fingerstick. If Low treat using the “rule of 15” and hypoglycemic flowchart.
- B. Give him his emergency medication
- C. Treat the low with juice and let him continue to play



Scenario 4 Answer

- A. Take supplies with you and check his blood sugar via fingerstick. If Low treat using the “rule of 15” and hypoglycemic flowchart.
- B. Give him his emergency medication
- C. Treat the low with juice and let him continue to play



Scenario 5

While trying to get Billy to drink some juice he becomes combative. He is knocking the juice out of your hand and lethargic?

- A. Give emergency medication
- B. Try to force the juice with a straw
- C. See if you can reason with him and offer something new



Scenario 5 Answer

- A. Give emergency medication
- B. Try to force the juice with a straw
- C. See if you can reason with him and offer something new



Scenario 6

Johnny is a 6 yr. old and he is type 1 diabetic. He comes to your office before lunch and you give the carb dose according to what he says he will eat off the lunch menu. The teacher notices that Johnny didn't eat much at lunch and send him back to your office. Johnny stated that he did not like because it tasted funny. What do you do?

- A. Make Johnny go back to the lunchroom and force him to eat it
- B. Give him a snack that will equal the carbs dosed for and not eaten at lunch
- C. Send him to class and tell the teacher to call if he has low symptoms.



Scenario 6 Answer

- A. Make Johnny go back to the lunchroom and force him to eat it
- B. Give him a snack that will equal the carbs dosed for and not eaten at lunch
- C. Send him to class and tell the teacher to call if he has low symptoms.



Scenario 7

Holly is a 10yr. old with type 1 diabetes. She is in your office before lunch. Her blood sugar is 60 and she states she feels lightheaded. What do you do?

- A. Send her to lunch and don't dose her
- B. Follow the "the rule of 15" and once her blood sugar is within normal limits send to lunch and give carb ratio as you would normally
- C. Give juice and send to the lunchroom with no insulin



Scenario 7 Answer

- A. Send her to lunch and don't dose her
- B. Follow the "the rule of 15" and once her blood sugar is within normal limits send to lunch and give carb ratio as you would normally
- C. Give juice and send to the lunchroom with no insulin



Scenario 8

Claire is 9 years old with type 1 diabetes and is on the insulin pump. Mid-morning her pump fails. It will be several hours before she can be picked up from school. What do you do?

- A. Call the caregiver and state someone must pick her up immediately.
- B. Call 911
- C. Use her current insulin pump orders for her insulin to carb ratios and correction factor.



Scenario 8 Answer

- A. Call the caregiver and state someone must pick her up immediately.
- B. Call 911
- C. Use her current insulin pump orders for her insulin to carb ratios and correction factor.



Scenario 9

Sam is 16 with Type 2 diabetes but not on insulin. He is on Metformin only so he does not have a school packet. He has been losing weight by following a healthy meal plan. He comes to you stating he does not feel good and you decide to check a blood sugar by finger stick since he does have diabetes.

His blood sugar is 75.

- A. Even though he does not have a school packet you follow the rule of 15 and treat the blood sugar as a low.
- B. Call his caregiver to come pick him up since he has a low blood sugar.
- C. Do not treat as a low since Metformin alone does not cause low blood sugars.



Scenario 9 Answer

- A. Even though he does not have a school packet you follow the rule of 15 and treat the blood sugar as a low.
- B. Call his caregiver to come pick him up since he has a low blood sugar.
- C. Do not treat as a low since Metformin alone does not cause low blood sugars.



Scenario 10

Ethan is a 11 year old with type 1 diabetes. He is a bus rider and comes to your office at 2:20 pm for you to view his Dexcom reading before getting on the bus. His reading is 350 but he states he feels fine (no stomach ache, nausea, vomiting). He ate a snack at 1:30 pm and did not come to your office for his snack dose.

- A. Give the snack dose of rapid insulin now.
- B. Do nothing except call his caregiver to pick him up since he cannot ride the bus.
- C. Give a correction factor dose (if it has been >3 hours since last correction dose), notify the caregiver but still allow him to ride the bus.



Scenario 10 Answer

- A. Give the snack dose of rapid insulin now.
- B. Do nothing except call his caregiver to pick him up since he cannot ride the bus.
- C. Give a correction factor dose (if it has been >3 hours since last correction dose), notify the caregiver but still allow him to ride the bus.



Scenario 11

Alison is a 6 year old with Type 1 diabetes. She eats lunch at 10:30 am and she gets meal dose and correction factor based on her blood sugar. At 1 pm snack time, her blood sugar is 375. You find out she ate her friends dessert but did not let you know. What do you do?

- A. Since her blood sugar is high, do not allow her to eat a snack with the rest of the class.
- B. Give correction factor and allow her to eat her snack
- C. Do not give a correction factor dose and allow her to eat her snack (giving a snack dose if ordered).



Scenario 11 Answer

- A. Since her blood sugar is high, do not allow her to eat a snack with the rest of the class.
- B. Give correction factor and allow her to eat her snack
- C. Do not give a correction factor dose and allow her to eat her snack (giving a snack dose if ordered).



Scenario 12

Keith is a 9 year old with type 1 diabetes. He comes to you 1 hour before lunch feeling shaky and is pale. His blood sugar is 65. His parents request per his IHP to only give 2 ounces of juice for his fast acting treatment . What do you do?

- A. Follow the parents preference as listed in the IHP
- B. Give the full 4 ounces since he has 2 symptoms of low blood sugar.
- C. Call the caregiver and do nothing until you speak with them first.



Scenario 12 Answer

- A. Follow the parents preference as listed in the IHP
- B. Give the full 4 ounces since he has 2 symptoms of low blood sugar.
- C. Call the caregiver and do nothing until you speak with them first.



Scenario 13

Adam is 12 year old with Type 1. Mid-morning he comes to your office complaining of not feeling well. His blood sugar is HI and after checking ketones they are large. He now states he feels nauseated. You are unable to reach his caregiver. What do you do?

- A. Try to get him to drink water and continue trying to reach his caregiver.
- B. Give a correction factor dose (if it has been at least 3 hours since his last CF dose and allow him to rest in your office.
- C. You give a CF dose (if it has been at least 3 hours since the last dose)but are concerned since you cannot reach his caregiver so you place a sick day call to the diabetes office to speak with a diabetes educator.



Scenario 13 Answer

- A. Try to get him to drink water and continue trying to reach his caregiver.
- B. Give a correction factor dose (if it has been at least 3 hours since his last CF dose and allow him to rest in your office.
- C. You give a CF dose (if it has been at least 3 hours since the last dose)but are concerned since you cannot reach his caregiver so you place a sick day call to the diabetes office to speak with a diabetes educator.



Scenario 14

James has type 1 diabetes and uses an InPen. He ate his morning snack at 10:20 am and now it is 12 pm and is in your office for his lunch dose. His insulin orders give the insulin to carb ratio and correction factor. Based on his carbs and blood sugar you get a different answer than the InPen. What do you do?

- A. Call the caregiver to clarify what they want you to do?
- B. Give the dose you calculated
- C. Follow the insulin orders and give the dose as recommended by the InPen.



Scenario 14 Answer

- A. Call the caregiver to clarify what they want you to do?
- B. Give the dose you calculated
- C. Follow the insulin orders and give the dose as recommended by the InPen





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