

Diabetes Management Plan

Important Information:

Name: _____

Date: _____

Doctor Name: _____

Doctor Phone: _____

Emergency Contact: _____

Emergency Phone: _____

Insulin Therapy

Student Self-Care Insulin Administration Skills:

- | | | |
|---|-----|----|
| • Independently calculates and gives own injections | YES | NO |
| • May calculate/give own injections with supervision | YES | NO |
| • Requires school nurse or trained diabetes personnel to calculate/ give injections | YES | NO |

Additional Information for Student with Insulin Pump:

Brand/Model of Pump: _____

Type of Infusion Set: _____

For blood glucose greater than _____mg/dL that has not decreased within _____hours after correction, consider pump failure or infusion site failure. Notify parents/guardian.

When to Give Insulin:

Lunch

Carbohydrate coverage only

Carbohydrate coverage plus correction dose when blood glucose is greater than

_____Mg/dL and _____ hours since last insulin dose.

Other: _____

When to Give Insulin continued:

Snack

No coverage for snack

Carbohydrate coverage only

Carbohydrate coverage plus correction dose when blood glucose is greater than _____mg/dL and _____ hours since last insulin dose.

Other: _____

Correction dose only:

For blood glucose greater than _____ mg/dL AND at least _____ hours since last insulin dose.

Other: _____

Fixed Insulin Therapy

Name of Insulin: _____

_____ Units of insulin given pre-lunch daily

_____ Units of insulin given pre-snack daily

Other: _____

Physical Activity and Sports

A quick-acting source of glucose must be available at the site of physical education activities and sports.

Glucose tabs

Sugar-containing juice

Student should eat:

15 grams

Before

After vigorous physical activity

30 grams

Every 30 minutes

Other: _____

Other: _____

If most recent blood glucose is less than _____ mg/dL, student can participate in physical activity when blood glucose is corrected and above _____ mg/dL.

Avoid physical activity when blood glucose is greater than _____mg/dL or if urine/blood ketones are moderate to large.