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## **The Diabetes Policy**

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Diabetes is a chronic disease that causes high blood glucose (sometimes referred to as high blood sugar) because a person's body does not produce enough insulin or the insulin does not work properly.

There are two types of diabetes:

1. Type 1 diabetes- where the body's immune system attacks and destroys the cells that produce insulin. People diagnosed with type 1 diabetes also require regular insulin injections for the rest of their life.
2. Type 2 diabetes- where the body does not produce enough insulin, or the body's cells do not react to insulin. As type 2 diabetes is a progressive condition, medicine may eventually be required, usually in the form of tablets.

During pregnancy, some women have such high levels of blood glucose that their body is unable to produce enough insulin to absorb it all. This is known as gestational diabetes.

The need for careful control and self-management of diabetes by the child and their family is an essential component of care in order to prevent short and long term complications from diabetes such as damage to the eyes, kidneys, vascular and nervous systems if not managed properly.

### **Aims:**

Communications between parent/guardian, the school medical team and teachers is important to successfully manage diabetes. The School recognizes the need to support students with diabetes to successfully manage his/her diabetes and continue to achieve academically.

This policy will provide clear guidelines and procedures so that designated school personnel understand their roles and responsibilities fully. Emergency plans will be accessible in case of hypoglycaemia (low blood sugar reaction) or the suspected onset of hyperglycaemia (high blood glucose).

Children are taught that diabetes is self-managed and that treatment is individualized based on the particular child's needs. Each child will have a Diabetes Management Plan to maintain a balance between insulin intake or production, food intake and physical activity.

### **Education of School Staff:**

School Staff in direct care to the student will be given a copy of the child's action plan and given additional training if required.

### **Coordination of care:**

Collaboration and cooperation are key elements in planning and implementing successful diabetes management at school. An Individualized Health Care Plan (IHP) for hyperglycaemia and hypoglycaemia will be formulated by the medical team in conjunction with the child's Diabetes Medical Management Plan from their Physician. These will then be shared with relevant school staff and updated when necessary.

Last updated date: 16 September 2021

**Social and emotional impact:**

The School recognizes that diabetes care tasks set children apart from their peers. Efforts will be made to ensure that routine diabetes care does not make the child feel singled out or that they do not fit in.

**Food and special events:**

The School recognizes the importance of working closely with the pupil's family to plan for special events such as classroom parties, day trips and other school sponsored activities. Serving more nutritious foods will be healthier for all pupils and will encourage good eating habits.

Healthy and nutritious lunches and snacks at school with an accurate carbohydrate count and nutritional information will enable the pupil to incorporate special foods into his/her lunch/snack plan and accordingly adjust the insulin dosage.

