



Policy on Diabetes Care Management and Glucagon Administration

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The Dubai Health Authority requires schools to take specific actions to ensure that the students with diabetes are able to manage their disease while at school and to ensure the health and safety of the student and the school community.

Purpose

- Diabetes requires management .
- Students with diabetes must balance food, medications, and physical activity while at school.
- School nurses coordinate care and educate school staff to provide a safe, therapeutic environment for students with diabetes.
- Diabetes can interfere with a student's ability to learn.

Goal

- All school staff members should have basic knowledge of diabetes and know who to contact for help.
- There will be coordination between parents, regular physician and the school to develop an individualized healthcare plan and emergency healthcare plan which can be adhered to in School.

The School Nurse will:

- Coordinate the provision of care.
- Educate all personnel about diabetes.
- Train volunteer delegates for glucagon administration.
- Liaise with parents as required.
- Develop and update individualized Health Care Plans for the necessary students. This Individualized Health Care Plan must include symptoms of hypo- and hyperglycaemia for each student, recommended treatment, frequency of glucose testing as well as insulin and glucagon orders. Also must be included the times of meals/snacks and exercise, guidance regarding participation in sports and exercise and special recommendations for activities including trips.

Self-Management

- Requires written certification of capacity from student's healthcare provider.
- Must be addressed in IHP.
- Permits student to attend to care as needed on school property or school-related activity.
- Requires student to dispose of equipment safely and appropriately.

Permits student to:

- Carry necessary equipment and materials such as syringes.
- Check blood glucose levels as needed in classrooms, gym, or other area.
- Administer insulin as needed.
- Treat hypoglycemia or hyperglycemia
- Oversight of self-care by the school nurse should be outlined in the student's IHP.

Travel in School Bus

- Schools must notify bus drivers about a student with diabetes on the bus.
- How to treat hypoglycemia.
- Emergency protocols and how to contact parents.
- Transportation coordinators should be educated and informed about diabetes and relevant student needs.

Reference Sheet

- Schools must post a reference sheet identifying signs and symptoms of hypoglycemia.
- Recommended areas includes the main office, cafeteria , gymnasium , training facility such as the changing room or locker room, dance studio, faculty room, and health services areas.

Three Levels of Training Level

One: Education for All

- Overview of diabetes
- Signs and symptoms
- Common issues such as exercise, meals, and access to medication
- General emergency actions

Level Two: Student Specific Training For those with direct contact with the student

- IHP/IEHP procedures, protocols and emergency actions
- Child-specific exercise or nutrition issues
- Emotional and behavioral issues
- General information about care such as glucose testing or insulin administration

Level Three: Volunteer Glucagon Delegates

- Student-specific information in Level Two plus
- Child-specific information on hypoglycemia symptoms and IHP procedures
- Successful demonstration by delegate of glucagon administration and emergency protocols

Glucagon Delegates

- School nurse has primary responsibility for emergency administration of glucagon.
- The school nurse may delegate this task to personnel who have been trained and have demonstrated the appropriate skills and knowledge to do so safely.
- Delegates may only be used when the school nurse is not physically present at the scene.

Delegates must be:

- School staff who volunteered to be trained to serve as a delegate.
- Selected by the school nurse in consultation with the Board of Education.
- Trained by the school nurse or other qualified health care professional to administer glucagon.

Delegation Considerations

- The delegate should be reasonably expected to have regular responsibility for or contact with the student.
- The delegate must be an employee of the school; the delegate cannot be an older sibling or relative attending the school, a neighbor, or school volunteer.
- Delegates must be sensitive to privacy issues and confidentiality. A delegate may need to inject glucagon into a student's thigh or buttock.
- Volunteers who transfer to another school must be retrained and evaluated by the nurse in that school since that nurse delegates the task to the volunteer.
- Delegates should complete an annual refresher training All Delegates should complete an annual refresher training.
- All training should be documented by the school nurse.
- Schools that frequently transfer personnel should consider the availability of adequate delegates in schools with large numbers of students with diabetes.
- CPR-AED certification is highly recommended for delegates.

Who provides the glucagon kit?

- Glucagon kits must be replaced when used or when the medication expires.
- Expired kits can be used for training purposes only.
- Each student's parent/guardian must provide the school with a glucagon kit specifically for that child.
- The school provides secure storage for the kit.
- The school nurse ensures that delegates can use the kit appropriately.

Students with diabetes may need

- Unlimited access to water such as use of water bottle in the classroom or on the school bus
- Unrestricted access to bathrooms
- Access to snacks in the classroom, gym, or on the bus at varying times of the day
- Access to food on a regular schedule

Schools should

- Not deny the student access to food
- Consider food and exercise issues when scheduling physical education, recess or dance classes
- Notify parents well in advance of field trips and parties
- Develop policies to serve only healthy foods at school functions and parties
- Develop procedures to address the needs of students with diabetes during emergency evacuations or lock-downs including access to medication, food, and emergency care

Accommodations for Self-Management

- The school nurse, parents/guardian and the student should consult to determine the most appropriate location for glucose checks and insulin administration

Should consider;

- The age and developmental level of student
- Privacy concerns
- The length of time since diagnosis
- The child's capacity to implement procedures, including cleanup and disposal of medical waste, in a consistent, correct and safe manner and in accordance with district blood borne pathogens protocols.

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