

Diabetes Policy

Review: 2024

Rationale

Type 1 diabetes is the common form of diabetes in children and occurs when the pancreas is unable to make enough insulin. Insulin is a hormone which allows the body to use glucose in the blood as energy. The glucose in the blood comes mainly from the food we eat and from stores in the liver and muscle. When a person has diabetes, the blood glucose level rises because of the lack of insulin and they become unwell with the symptoms of diabetes which may include excessive thirst, excessive urination, weight loss and dehydration. Type 1 diabetes always requires insulin treatment. Without insulin treatment type 1 diabetes is potentially life threatening.

Caring for diabetes in children and adolescents is a challenging task for families and their health professionals. Education and knowledge are essential elements in being able to look after a student's diabetes from day to day and in special situations.

1. Aim

The aim of this policy is to provide guidelines and protocols that Moorabbin Primary School will implement and provide strategies to assist students with type 1 diabetes. The school requires that students with diabetes have a Student Health Support Plan prepared by that student's medical specialist. The student's diabetes management plan provides schools with all required information.

2. Implementation

Key points for the Principal and staff of Moorabbin Primary School to support students with type 1 diabetes are:

- Moorabbin Primary School has procedures in place for medical emergencies for students with type 1 diabetes.
- Parents/guardians should notify the school immediately with changes to the student's individual diabetes management plan.
- The student's Diabetes Medical Support Team may consist of an endocrinologist, diabetes nurse educator, allied health professionals and/or General Practitioner.
- The school may Contact Diabetes Australia–Victoria for further support or information.

Camps, excursions and activities:

- Moorabbin Primary School will ensure good planning so that students with Type 1 Diabetes can participate in all school - sanctioned activities including excursion and camps.
- The student's health support plan will be reviewed prior to a student attending a school camp with specific advice prepared by the Diabetes Medical Support Team for the camp.
- Consideration will be given to the student's ability to self-manage their diabetes i.e. BG tests, insulin etc. If needed a parent/carer or designated school staff will need to attend the camp to assist the student.
- The school should receive any extra medical information by the parents completing the Department's Confidential Medical Information for School Council Approved School Excursions form.

Infection control

- Infection control procedures must be followed. These include following instructions about ways to prevent infection and cross infection when checking blood glucose levels and administering insulin, hand washing, one student/one device, disposable syringes and the safe disposal of all medical waste.

Timing meals

- Most meal requirements will fit into Moorabbin Primary School routines. Young students will require extra supervision at meal and snack times. If an activity is running overtime, students with diabetes cannot delay meal times.

Physical activity

- Exercise should be preceded by a serve of carbohydrates.
- Exercise is not recommended for students whose BG levels are high as it may cause them to become even more elevated.

Special event participation

- Special event participation including class parties *can* include students with type 1 diabetes in consultation with their parents/guardians.
- Moorabbin Primary School will provide (where possible) alternatives when catering for special events, such as offering low sugar or sugar-free drinks and/or sweets at class parties, graduation etc.

Exam and testing support

- For exams and assessment tasks, Moorabbin Primary School will make reasonable allowances for students with type 1 diabetes. These may include:
 - additional times for rest and to check their blood glucose levels before, during and after an exam, and taking medication as necessary
 - consuming food and water to prevent and/or treat a hypoglycaemic episode
 - easy access to toilets as high BG levels causes a need to urinate more frequently
 - permission to leave the room under supervision

Communicating with parents

- Moorabbin Primary School will communicate directly with the parents/guardians to ensure the student's individual diabetes management plan is current. This will also include a separate school camp and/or excursion plan. Depending on the age of the student, a home-to-school means of communication will be established to relay health information and any health changes or concerns. A communication book may be recommended to be used and where appropriate make use of e-mails and/or text messaging.

3. Evaluation

The Diabetes policy will be reviewed every four years in line with policy review procedures implemented by the Education Committee.

4. Resources

DEECD website:

- Health Support Planning Forms: Caring for Diabetes in Children Adolescents.
<http://www.rch.org.au/diabetesmanual/>