

CATALINA FOOTHILLS SCHOOL DISTRICT
HEALTH SERVICES

DIABETES MEDICAL ORDERS

Student _____ D.O.B. _____ Grade _____

BLOOD GLUCOSE TARGET RANGE: _____ mg/dl to _____ mg/dl

Blood Glucose Testing:

independent

needs assistance

_____ before lunch

_____ when student feels low/high or ill

_____ other times: _____

_____ if BG is less than _____ mg/dl or BG is greater than _____ call parent

Comments: _____

**For BG lower than _____ or over _____ see Recommendation for Treatment on reverse side*

Urine Ketones Testing:

_____ for BG greater than _____ mg/dl, do ketone testing

**If ketones are positive, contact parent and encourage sugar free fluids.*

Insulin Injection or Pump Bolus:

independent

needs assistance

Type of Insulin _____

_____ always call parent for dose

_____ bolus for meal based on carbohydrate count

_____ correction or supplemental bolus for high BG

Comments: _____

For Students with Insulin Pump:

Type of pump: _____

Does student need assistance with pump skills?

Yes

No

Comments: _____

Seizure, Unable to Swallow and/or Loss of Consciousness:

_____ Glucose gel and 911

_____ Glucagon 1mg IM or SQ and 911

Physician Signature: _____

Date: _____

Physician Name: _____

Phone/Fax: _____

LOW BLOOD GLUCOSE (HYPOGLYCEMIA) occurs most commonly when blood glucose falls below 60 mg/dl. This situation may be referred to as insulin reaction or insulin shock. Most students are aware when their blood glucose is low. Sometimes it can occur with little warning.

Causes: Too much insulin in the body, less food than usual, unexpected or unusually vigorous activity.

Symptoms: Hunger, headache, sleepiness, inability to concentrate, daydreaming, weakness, irritability, pale appearance, slurred speech, poor coordination, sweating (clammy), shakiness/trembling, personality changes, dizziness.

If any of the above are ignored or go unrecognized, seizures or loss of consciousness may occur. These serious side effects, however, rarely occur. If they do, it is ideal that someone be available to administer 1 mg of Glucagon IM or SQ and call 911. If no one is available to administer IM or SQ Glucagon, or there is no Glucagon available, call 911 IMMEDIATELY.

Recommendations for treating low blood glucoses by age include the following:

| Source of Sugar | Under 6 years of Age 5-10 grams | 6-10 years of Age 10-15 grams | Over 10 years of Age 12-20 grams |
|-------------------------------------------------------|-------------------------------------------|-----------------------------------------|--------------------------------------------|
| Glucose Tablets (lg) 1 tablet = 5 grams | 1-2 tablets | 2-3 tablets | 3-4 tablets |
| Glucose Tablets (sm) 1 tablet =4 grams | 1-2 tablets | 3-4 tablets | 4-5 tablets |
| Glucose gel 31 gram tube | 1/6-1/3 tube | 1/3-1/2 tube | 1/2-2/3 tube |
| Cake icing gel (sm) teaspoon=4grams | 2 teaspoons | 3 teaspoons | 4-5 teaspoons |
| Honey, Maple or Karo Syrup teaspoon=5 grams | 1-2 teaspoons | 2-3 teaspoons | 3-4 teaspoons |
| Orange juice 1/3 cup=10 grams | 1/2-1/2 Cup | 1/2-3/4 Cup | 3/4 cup-1 cup |
| Apple Juice 1/3 cup=10 grams | 1/3-1/2 Cup | 1/2-3/4 cup | 3/4 cup-1 cup |
| Table Sugar 1 teaspoon=4 grams | 2 teaspoons | 3 teaspoons | 4-5 teaspoons |
| Regular Soda Pop 1 ounce = 3 grams | 2-3 ounces | 4-5 ounces | 5-6 ounces |
| Raisins 1 Tablespoon =7.5 grams | 1 tablespoon | 1 1/2-2tablespoons | 2 1/2-3 tablespoons |
| Life Savers 1= 3 grams | 2-3 pieces | 4-5 pieces | 5-7 pieces |
| Milk, 2% 8 ounces=12 grams | 2-5 ounces | 6-7 ounces | 8ounces |

Check glucose 15 minutes after treating to be sure glucose numbers are increasing. If symptoms subside, then can go back to regular activity. The student or teacher can usually treat mild hypoglycemia in the classroom.

HIGH BLOOD GLUCOSE (HYPERGLYCEMIA) The onset of high blood glucose symptoms (250 mg/dl) is gradual and intervention in the school setting is generally not required.

Causes: Not enough insulin, illness, infection, stress, too much food/wrong type of food, decrease in usual activity

Symptoms: Excessive thirst, frequent urination, fatigue, dehydration, weight loss, nausea/vomiting, stomachache, breath with fruity odor.