


Standards of Care for Diabetes Management in the School Setting – Colorado
January 2013



Purpose of Standards

- To provide standards of care for students with Type I Diabetes in the school setting.
- These standards are to be used by the school nurses in developing the Individualized Health Plan (IHP) with the parent and in providing care in the school setting
- The standards will increase the school nurse's awareness of standard and routine practices for managing Type I diabetes in the school setting.
- Provides standards as reference for parents and school staff

Development of Standards

These Standards were developed in 2013 by the **Colorado Kids with Diabetes Care and Prevention Collaborative** of local health care providers, nurses and stakeholders.

How to use the Standards:

- To be used *in conjunction* with the Colorado Provider Orders & Individualized Health Plans (IHP).
- The school nurse will reference the *Standards of Care* to complete the IHP and to guide management in schools.
- **Note:** *The student's health care provider may indicate exceptions to these standards on the student's individual orders.*

Review of Standards Contents:

1. Communication:

- Highlights the School Nurse's authorization to exchange health information with the health care provider to assist in developing, updating and carrying out the IHP.

Review of Standards Contents:

2. Monitoring Blood Glucose

- The student's health care provider will indicate individualized blood glucose target ranges on the student's individual orders.
- Listed are standard target ranges per age and may be individualized by the provider

Review of Standards Contents:
2. Monitoring Blood Glucose *continued*

- Notification to Parents:
Low < target range and **High** > 300 mg/dl (if on pump then > 240mg/dl or individualized on orders)
- Frequency of BG monitoring addressed to decrease impact on school. Lists average as 1-3 times/day.

Review of Standards Contents:
3. Hypoglycemia

- Includes standard location e.g. classroom
- Routine practice of Hypoglycemia (mild, moderate & severe)
- Indicates standard dose for Glucagon
< 16 years old = 0.5 cc IM
> 16 years = 1.0 cc IM unless otherwise indicated by provider

Review of Standards Contents:
3. Hypoglycemia *continued*

- Addresses issues:
 - Do not give insulin for carbohydrates given to treat low blood glucose;
 - How to determine Insulin bolus for snack following hypoglycemia
 - When to give insulin at lunch following hypoglycemia

Review of Standards Contents:
4. Hyperglycemia

- Standards specific for No pump or Pump
- When to send home is indicated
- Standards re: Hyperglycemia & Exercise
- There is no standard for non-routine correction for hyperglycemia – it is expected that the school nurse will call health care provider for one-time order.

*Note: this standard is under review and may be changed/clarified so that Correction may occur if it has been >2 hours since the last correction and confirmed by the school nurse. If approved, these changes will also be added to the Provider orders.

Review of Standards Contents:
5. Continuous Glucose Monitors

- Emphasizes that *Under NO circumstances should the CGM reading be used to give an insulin dose or treat a low/high BG. Always check finger stick blood glucose level regardless of CGM reading.*
- Alarms should be used conservatively so as not to unnecessarily disrupt the student's school activities.

Review of Standards Contents:
6. Insulin Management/Pump Management

- Fast acting insulins are interchangeable (e.g. Humalog, Novolog, Apidra) unless student is allergic to a certain brand or otherwise indicated.
- The parent and/or health assistant should contact the school nurse for changes in insulin dosing.
- The computerized features/calculator of pump should be used for insulin boluses.
- All pump safety features should be operational in the school setting.

Review of Standards Contents:

7. Self-care Management

- **Ability level to be determined by school nurse and parent unless Provider indicates otherwise on orders.** *Note:* It is not necessary for the student to have the *Authorization and Release for Carry and Self-Administer Medicine at School or School-Sponsored Activity* as it is redundant for the student with diabetes and is covered in the Provider Orders under self-care.
- All students, regardless of age or expertise, require a plan and may need assistance with hypoglycemia and illness. (e.g. *Emergency Action Plan, Classroom management and/or Hypo/Hyper flowsheet – even if unable to get provider orders or parent signature*)



Summary of Standards

- The Standards provide routine practices for the student with Type I Diabetes in the school setting and are an accepted reference for the school nurse in providing care.
- Located on www.coloradokidswithdiabetes.org



Standards Updates:

- Note: The Standards will be updated periodically to reflect current standards of practice. The next targeted update has already begun in January 2014
- Updates under consideration:
 - Adding correction factor for student on injections that need correction other than at lunchtime.
 - Adding standard length of time that open insulin can be used e.g. 30 days.



- Questions?
- Comments?
