

# Diabetes Orders

Student's Name \_\_\_\_\_ DOB \_\_\_\_\_

School \_\_\_\_\_

Physician \_\_\_\_\_ Effective Date \_\_\_\_\_

Type of insulin: (circle one) Rapid or Short Acting: Apidra/Humalog/Novolog/Regular

Intermediate or Long-acting given at home: (circle one) NPH/Lantus/Levemir

Insulin to carbohydrate ratio (I:CR): \_\_\_\_\_ units/ \_\_\_\_\_ grams or Fixed insulin lunch dose \_\_\_\_\_

Parent may adjust I:CR by +/- 1 to 5 grams Yes/No (circle one)

Correction Factor (CF) (insulin sensitivity): CF: \_\_\_\_\_ units per \_\_\_\_\_ mg/dl over \_\_\_\_\_ mg/dl

(Correction Factor Formula: Student's BG minus Target BG + correction factor = insulin dose)

Usual Insulin Dose Range \_\_\_\_\_. Target blood glucose range: 70-110 pre-meal. Other: \_\_\_\_\_

Insulin Pump: (if applicable)

Type: \_\_\_\_\_

Basal Rates:	Time:	Rate (units per hr)
	12:00 am =	_____
	_____	_____
	_____	_____
	_____	_____

Blood Glucose Monitoring (in classroom if possible) or

Location \_\_\_\_\_

Before am snack \_\_\_\_\_

Before lunch \_\_\_\_\_

Before exercise \_\_\_\_\_

After exercise \_\_\_\_\_

Signs of low or high blood sugar \_\_\_\_\_

Other \_\_\_\_\_

Child is able to:

(Circle all that apply)

- Test own glucose
- Determine insulin dose
- Draw up insulin
- Administer insulin dose
- Manage/troubleshoot pump

Exercise and Sports

Student **should not** exercise if blood glucose is

- Yes/No BG is below \_\_\_\_\_ mg/dl or
- Yes/No above \_\_\_\_\_ mg/dl
- Yes/No Snack before exercise Yes/No
- Yes/No Snack after exercise Yes/No
- Yes/No

Meals/ Snacks:

- Breakfast \_\_\_\_\_
- A.M. Snack \_\_\_\_\_
- Lunch \_\_\_\_\_
- P.M. Snack \_\_\_\_\_
- Food in class, e.g. party \_\_\_\_\_

Supplies to be provided by parents: Blood Glucose Monitor and all monitoring supplies, Insulin and administration supplies, Glucagon emergency kit, snack foods, fast-acting glucose source, Ketone testing supplies, Insulin pump supplies if appropriate.

**High blood glucose Management/Preventing Diabetic Ketoacidosis**

If BG is above 250 mg/dl, wash hands and recheck. If still above 250:

→ If less than 2 hrs since last dose of Apidra, Humalog or Novolog,\* recheck at 2 hrs after the last dose and continue as below.

→ If 2 hrs or more since the last dose of Apidra, Humalog, or Novolog\* give a correction dose using the correction factor formula.

→ Check urine for ketones. If positive, drink 6-8 oz liquid with no calories every 30 minutes (e.g. water, diet soda)

→ If moderate or large ketones at any time, call parent.

→ Check BG and ketones every 2 hrs and give correction dose until BG reaches target range and ketones clear.

→ If BG and ketones are not decreasing after 4 hrs, call parent.

**Additional Instructions for Insulin Pump Users:**

→ If ketones are negative, check pump and site. If okay, give correction bolus by pump.

→ If ketones are positive, give correction bolus by syringe (not by pump) and have student change infusion set/site if able or call parent.

→ If initial correction bolus was given by pump, recheck BG in 1 hr. If BG has not decreased, give correction bolus by syringe and have student change infusion set/site if supplies are available or call parent.

→ Check BG and ketones every 2 hrs and give correction dose until BG reaches target range and ketones clear, by syringe until site is changed.

\*If taking Regular, NPH or NPH mix insulin, call parent for direction.

**Low blood glucose (hypoglycemia)**

Some symptoms of low BG:

- Sweating
- Headache
- Drowsiness
- Trembling
- Blurred vision
- Hunger
- Dizziness
- Confusion
- Palpitations
- Speech Impairment

**Hypoglycemia protocol: the rule of 15**

If blood glucose is less than 70 mg/dl or symptomatic (70 to 100 mg/dl)

→ Eat/drink 15 grams of carbohydrate

→ Check BG again in 15 minutes; if not above 70 mg/dl repeat treatment

→ Check BG again in 15 minutes; if not above 70mg/dl repeat treatment and contact parent.

These items have 15 grams of carbohydrate:

→ 3 Glucose tablets → 4 oz of juice or soda (not diet)

→ 6-7 hard candies such as lifesavers

→ 1 tablespoon of table sugar or honey

**Rx:**

**Glucagon: If child becomes unconscious, unable to cooperate, or has a seizure, give glucagon 0.5/1.0 mg subcutaneously. (Please circle dose) Call 911 and parents. Do not force eating or drinking. Turn on side.**

I hereby certify that the above information is complete and I have provided the school with all information that they will need to reasonably care for and monitor my child's health related to his/her diabetes. I give permission for the school to talk to my doctor, nurse practitioner, and/or physician's assistant and/or nurse.

Above I hereby certify that my child can monitor and manage his/her care without supervision from school staff except in emergencies.

Signature and dates: Parents \_\_\_\_\_ Student \_\_\_\_\_ Date \_\_\_\_\_

Physician \_\_\_\_\_ Date \_\_\_\_\_ School Representative and Title \_\_\_\_\_ 5/08