

SETTING UP YOUR DELEGATED SCHOOL CAREPLAN

In preparation for your child to start or return to school, you will be contacted by a Nursing Support Services Coordinator. This Nurse will meet with you to develop a plan of care that will be used in the school to ensure that your child's diabetes care needs are met. The goal is to provide safe care that allows your child to participate fully at school. Care at school is provided by non-medical staff. Care in the school setting may be very different than at home. **A plan of care will need to be in place before your child can attend school on their own.**

The following is intended to be completed with your diabetes team to help you in the process.

- Target blood glucose (BG) range: _____ to _____ mmol/L
- BG checks:
 - Upon arrival to school (for children who have long bus rides or attend morning day care)
 - Before recess
 - ✓ Before gym class: choice of snack or BG check
 - ✓ Before lunch
 - After school (for children who have long bus rides or who attend after-school day care)
 - Other
- Recess snack
 - Grams of carb planned in snack: _____ (no insulin)
- Insulin needed at lunch
 - No, on NPH
 - Yes:
 - Child able to give own insulin, needs supervision only
 - Child does not give own insulin
 - Using bolus calculator spreadsheet
 - Using sliding scale
 - Using bolus-calculating meter
 - ✓ Parent to label food with grams of carbs
- Additional snacks required (suggest 7-10 grams snack, crackers and cheese, $\frac{1}{2}$ granola bar)
 - Before activity
 - Before activity if blood glucose is below 8 mmol/L, (including reverse lunch)
 - Before leaving school (depending on when school ends)

- School to contact parent when:
 - ✓ BG above 15 mmol/L twice in a row, or BG above 20 mmol/L once
 - ✓ BG below 3.9 mmol/L after 2 treatments with fast-acting sugar

Continuous Glucose Monitoring (CGM) Suggestions

Nursing Support Services supports CGM use in school. The alerts in school may be different from what you have at home, and can be customized in the Dexcom® G6 settings for school days. Trend arrows are grouped together by glucose with varying options available. The following settings are suggested for school to provide safe care and to provide an optimal learning environment.

Dexcom G6:

- Low Alerts:
 - 4.5 mmol/L
 - 5.0 mmol/L
 - ✓ An alert with a ↓ or ↓↓ arrows will be treated as a low and will be rechecked with a BG
 - ✓ Low repeat 15-30 minutes
- Urgent low alert:
 - ✓ On
- Urgent low repeat:
 - ✓ 30 min
- High alerts:
 - ✓ Off
- High repeat:
 - ✓ Off
- Rise and fall alerts:
 - ✓ Off

Freestyle Libre 2:

- Low Alerts:
 - 4.5 mmol/L
 - 5.0 mmol/L
 - ✓ An alert with a ↓ arrow will be treated as a low and will be rechecked with a BG
- High alerts:
 - ✓ Off