



**PEDIATRIC TYPE 1 DIABETES EDUCATION RECORD
FOR NEWLY DIAGNOSED PATIENTS STARTING ON MDI**

This checklist is to be used with these education resources: [A Guide for Families: Diabetes Care for Children and Teens with Type 1 Diabetes](#) and [Getting Started with Basal Bolus Insulin with MDI](#).

PARENTS/CAREGIVERS PRESENT FOR EDUCATION:

Name:	Relationship:	Date(s) Present:
Name:	Relationship:	Date(s) Present:
Name:	Relationship:	Date(s) Present:
Name:	Relationship:	Date(s) Present:

Email: _____ **Phone:** _____

DATE OF DIAGNOSIS: _____ **AGE:** _____ **HT:** _____ **WT:** _____ **BMI:** _____

SOCIAL/CULTURAL CONSIDERATIONS:

Interpreter needed: language: _____ Interpreter booked: _____

- Siblings: _____
- Parent's or teen's employment: _____

• Extended benefits: No Yes _____ Registered for Fair PharmaCare: No Yes

BRIEF DESCRIPTION OF HOME/FAMILY LIVING SITUATION (e.g. who child lives with and when):

BRIEF HISTORY OF PRESENTATION AND OTHER HEALTH or PSYCHOSOCIAL COMMENTS:

Note: Parent =Responsible Guardian

KNOWLEDGE/SKILL	Taught/Observed (initial & date)		Demonstrated Knowledge/Skill (initial & date)		COMMENTS (initial & date)
	CHILD	PARENT	CHILD	PARENT	
WHAT IS DIABETES?					
How the body uses sugar for energy					
What is type 1 diabetes?					
Physiologic insulin/Basal-bolus approach					
Effect of insulin, food, activity on blood sugar					
CHECKING BLOOD SUGAR					
Goal Range: 4-8mmol/L Target _____ Pre-meal _____ Bedtime					
When to check: ___ ac meals & HS ___ 2 h pc & overnight as needed					
Use/name of meter: _____					
Obtaining sample					
Single-person lancing device					
Record keeping					
Interpretation (basic)					
LOW BLOOD SUGAR					
Signs/symptoms					
Treatment					
Causes/prevention					
Glucagon for severe hypoglycemia					
Mini-Dose glucagon to prevent low blood sugar					

**Pediatric Type 1 Diabetes Education Record: MDI
(continued)**

KNOWLEDGE/SKILL	Taught/Observed (initial & date)		Demonstrated Knowledge/Skill (initial & date)		COMMENTS (initial & date)
	CHILD	PARENT	CHILD	PARENT	
INSULIN / MDI					
Insulin names & action _____ _____					
Insulin pens: assembly, priming, measurement					
How to inject with: <input type="checkbox"/> pen <input type="checkbox"/> syringe					
Sites/Rotation					
MDI schedule					
ISF/Correction bolus					
ICR: Carb bolus					
Combining correction and carb boluses					
Practice calculations					
Stacking & risk of hypo					
Changing needs for growth/development					
Insulin storage/Sharps disposal					
FOOD					
Carb counting					
Carb boluses					
Timing of meals/snacks					
Flexibility with MDI					
Label reading for carbohydrate					

**Pediatric Type 1 Diabetes Education Record: MDI
(continued)**

KNOWLEDGE/SKILL	Taught/Observed (initial & date)		Demonstrated Knowledge/Skill (initial & date)		COMMENTS (initial & date)
	CHILD	PARENT	CHILD	PARENT	
<i>Speed of sugar:</i> <input type="checkbox"/> fast facts about food <input type="checkbox"/> how quickly foods raise blood sugar					
PHYSICAL ACTIVITY					
<i>Effect of activity on blood sugar</i>					
<i>Blood glucose monitoring</i>					
<i>Adjusting for exercise:</i> <input type="checkbox"/> food <input type="checkbox"/> insulin					
HIGH BLOOD SUGAR, KETONES, DKA					
<i>High blood sugar: signs/symptoms</i>					
<i>Ketones: meanings / signs/symptoms</i>					
<i>Ketone checks: when/how/why</i>					
<i>Need for insulin to prevent DKA</i>					
SICK DAYS					
<i>Effect of illness on blood sugar</i>					
<i>What to do when a child is sick</i>					
<i>Foods and fluids during illness</i>					
OTHER					
<i>Diabetes emergency contact</i>					
<i>When/how to get medical help</i>					
<i>Medical alert/ID</i>					
<i>School/daycare</i>					
<i>Nursing Support Services</i>					

**Pediatric Type 1 Diabetes Education Record: MDI
(continued)**

KNOWLEDGE/SKILL	Taught/Observed (initial & date)		Demonstrated Knowledge/Skill (initial & date)		COMMENTS (initial & date)
	CHILD	PARENT	CHILD	PARENT	
Discharge instructions					
Prescription provided					
Pharmacare certificate					
Diabetes review (quiz)					
Additional resources: <input type="checkbox"/> BCCH website <input type="checkbox"/> JDRF <input type="checkbox"/> Diabetes Canada <input type="checkbox"/> IDA module <input type="checkbox"/> MDI module <input type="checkbox"/> Carbohydrate counting module <input type="checkbox"/> Other:					

Follow-up Plan:

- Phone: _____
- Email: _____
- Appointment: _____

Progress Notes:

NOTES: The Education checklist is a guide only. All education must be provided at a time and pace suitable for patient and family needs, learning capacity and situation. The purpose of this checklist is to document basic level education. More advanced education is to be provided and documented at follow-up when learners are ready and able to learn more.