

Resources



Community Resources

American Association of Diabetes Educators (AADE)

A multidisciplinary professional organization dedicated to advancing the role and practice of diabetes educators, as well as promoting quality education for people with diabetes. They sponsor community and professional education programs, and are a resource for information and speakers.

Call (800) TEAM-UP-4.

Web site: <http://www.aadenet.org>

American Diabetes Association

Provides information, publications, Diabetes Forecast magazine, fundraising for research and local support group information.

Sacramento, CA (800) 828-8293 Information Hotline (800) 232-3472

Web site: <http://www.diabetes.org>

www.diabetes.org/adaor/kids/kids.asp (Oregon/Washington Affiliate that has established support services for children with diabetes at school)

Diabetes Teaching Nurses of Southern California

Professional organization of nurses who are Certified Diabetes Educators.

Meetings are held the 4th Tuesday of the first quarter month for continuing education units. Chapter President is contact person: Lori Beach,

(909) 825-7043

Juvenile Diabetes Research Foundation

Provides information, magazine, support group information, and fundraising for research.

(800) JDF-CURE FAX (212) 785-9595

Web sites: www.jdfcure.org (general information about diabetes and the JDF)

www.jdf.org/kids/index.html (a great web site for children with diabetes)

International Diabetic Athletes Association (IDAA)

Provides a newsletter and educational programs, publications, speakers, blood sugar screenings and volunteer services. Write to IDAA at 1931 E. Rovey Avenue, Phoenix, AZ 85016.

Local Television and Radio - "Living with Diabetes"

Program hosted by Pat Gallagher. Radio broadcast WDCT (AM 1310) Sundays at 11 AM.

PADRE (Pediatric Adolescent Diabetes Research and Education Foundation)

Provides clinical and scientific research of juvenile diabetes, educational programs, and support groups. Based in Orange County, California.

(714) 532-8330 FAX (714) 532-8398

e-mail padrefdn.earthlink.net

Resources

Community Resources (cont.)

Team of Advocates for Special Kids

Provides informational and legal resources for issues relating to children with chronic conditions.

Anaheim (714) 533-8275
California

San Diego (858) 874-2386
California

Diabetes Educational Booklets and Manuals

Carbohydrate Counting

Minimed
(800) 933-3322

Diabetes Resource Manual for School Personnel

The Capitol Association of Diabetes Educators and The American Diabetes Association, Washington DC Area Affiliate
(800) TEAM-UP-4

Guidelines for Care of Students with Diabetes

The "Washington State Task Force for Students with Diabetes"
(360)-753-2744

It's Time to Learn About Diabetes

Jean Betschart, MN, RN, CDE
Chronimed Publishing
(800) 848-2793

Recommendations for Management of Diabetes for Children in School

Oklahoma Department of Health
Diabetes Control Program
1000 Northeast 10th St.
Oklahoma City, Oklahoma 73117-1299
(405) 271-4072

School Nursing Guidelines, Management of Students with Diabetes

Ventura County Superintendent of Schools Office
Ventura, California
(805) 388-4412

Informational Resources

National Diabetes Information Clearinghouse (NDIC)

Provides information on diabetes. Call (301) 469-2162.

NICHY (National Information Center for Children and Youth with Disabilities)

An information clearinghouse that provides information on disabilities and disability-related issues. Write to NICHY, U.S. Dept. of Justice, PO Box 1492, Washington, DC 20013-1492, (800) 695-0285

Resources

Informational Resources (cont.)

American Disabilities Act (ADA)

For information concerning the ADA write to the Civil Rights Division,
Public Access Section, Washington, DC 20035-6738 or call (800) 514-0301

CA Dept. of Education

Special Education Division
Information Line (800) 434-2465

"Delegates for Diabetes"

ADA's advocacy program
(800) DIABETES

Disability Rights Education and Defense Fund (DREDF)

2212 Sixth St. Berkeley, CA 94710
ADA hotline: (800) 466-4ADA

National Parent Network on Disabilities

1727 King Street, Suite 305
Alexandria, Virginia 22314
(703) 684-6763

Diabetes Products Suppliers

Abbott Laboratories: MediSense Products

(800) 527-3339

Web site: <http://www.abbott.com>

Amira Medical: At-Last glucose meter

(800) AMIRAMED

Web site: <http://www.amira.com>

Animas: diabetes insulin pumps, company based in the east

(877) 937-7867

Web site: <http://www.animascorp.com>

Bayer Corporation (Formerly AMES): maker of Glucometer meters

(800) 348-8100

Web site: http://www.bayerdiag.com/product_info/diabetes.html

Becton Dickinson (B-D): diabetes products including automatic injectors, insulin pen, needle guide, and glucose tabs

(800) 237-4554

Can-Am Care Corporation: maker of glucose tablets, lancets, fingertip cream

(800) 461-7448

Cygnus Inc.: makers of GlucoWatch

(650) 369-4300

Disetronic Medical Systems, Inc.: Disetronic insulin pump and pen system

(800) 280-7801

Web site: <http://www.disetronic-usa.com>

Resources

Diabetes Products Suppliers (cont.)

Eli Lilly and Company: manufactures Humalog and other insulins, glucagon, and insulin pens

(800) 865-4559

Web site: <http://www.diabetes.lilly.com>

ICN Pharmaceuticals, Inc.: Insta-Glucose, Nite-bite

(800) 548-5100

Medic-Alert: Diabetes Identification jewelry

(800) 825-3785

LifeScan, Inc: maker of Lifescan, "One Touch," and "Ultra Touch" meters

(800) 227-8862

Web site: <http://www.lifescan.com>

LXN: makers of blood glucose meters and fructosamine meter

(888) LXN-TEST

Web site: <http://www.lxncorp.com>

Medicool, Inc.: maker of prefilled syringe kit

(800) 433-2469

Medport:

(800) 299-5704

Web site: <http://www.medportinc.com>

MiniMed, Inc.: MiniMed insulin pump

(800) 933-3322

Web site: <http://www.minimed.com> (A website detailing information about the MiniMed insulin pump)

Novo Nordisk: manufactures Velosulin and insulin pens

(800) 727-6500

Owen Mumford, Inc.: makers of automatic injector and lancets

(800) 421-6936

Palco Laboratories: makers of automatic injector and totes

(800) 346-4488

Resources

Diabetes Resource List (continued)

Diabetes Products Suppliers (cont.)

Roche Diagnostics: maker of Accu-Chek Advantage and other blood glucose testing meters
(800) 428-5074
Web site: <http://www.roche.com/diagnostics>

Science Products: manufactures a device that ensures blood drop accuracy onto the One Touch meter
(800) 888-7400

Additional Internet Resources

Therasense: manufacturer of Freestyle Blood glucose Monitors
(888) 701-1171
Web site: <http://www.Therasense.com>

BD Diabetes Village

Web site: <http://www.bd.com/diabetes>

Centers for Disease Control

Web site: <http://www.cdc.gov/diabetes>
Diabetes and Public Health Resource

Children with Diabetes

A comprehensive web site regarding children with diabetes. Includes extensive information on children with diabetes at school.
Web site: <http://www.childrenwithdiabetes.com>

Diabetes Action Research and Education Foundation

www.daref.org

The Diabetes Children's Foundation

Bilingual: French/English
Fed_dcf@videotron.ca

Diabetes Incorporated

Web site: <http://www.diabetesinc.org>

Diabetes Life Network

Web site: <http://www.diabeteslife.net>
Diabetes News Education and Tips

The Diabetes Monitor

Web site: <http://www.mdcc.com>

Diabetes Wisdom

Web site: <http://www.diabeteswisdom.com>
Educational resources

Resources

Additional Internet Resources

Grant's Diabetes Town

Web site: <http://www.diabetestown.com>

Insulin Pumpers

Web site: <http://www.insulin-pumpers.org>

Provides information and support for adults and children with diabetes and their families interested insulin pump therapy.

JKF Kids on Line
Web site: <http://www.jdf.org/kids>

Monitoring Diabetes Happenings

Web site: <http://www.diabetesmonitor.com>

National Diabetes Education Program: A joint program of NIH & CDC

Web site: <http://ndep.nih.gov>

Web site: <http://www.cdc.gov/nccdphp/ddt/projs/ndepfs.htm>

National Institute of Diabetes and Digestive and Kidney Diseases

Web site: <http://www.niddk.nih.gov>

The Pump Girls

Web site: <http://www.pumpgirls.com>

Provides fun facts and information for youth with diabetes. This web site is based on a singing group of four young girls on insulin pumps.

The Whittier Institute for Diabetes

Web site: <http://www.whittier.org>

Yahoo

dir.yahoo.com/Health/Diseases_and_Conditions/Diabetes/

A web site that offers a wide range of information on diabetes.

For further information
on the P.E.D.S. program call
PADRE: (714) 532-8330

or visit our website at
www.pedsonline.org



Resources

Resources for Information on Type 2 Diabetes

American Diabetes Association

African American – Diabetes Sundays

Hispanic – Diabetes Assistance Resources (DAR)

Native American – Awakening the Spirit

Phone: 1-800-DIABETES

www.diabetes.org

I Have Diabetes, What Should I Eat?

The National Institute of Diabetes and Digestive and Kidney Diseases Web Site offers free materials for taking care of Type 2 Diabetes as well as tips for eating healthy and exercising.

www.niddk.nih.gov go to "Health Information"

The Type 2 Diabetes Meal Planner

A tear off handout for calorie meal planning with sample meal plans.

Offered by Bristol-Myers Squibb Company

Phone: 1- 800-392-9700

www.glucophage.com

Guidelines for School Health Programs to promote Lifelong Healthy Eating and Physical Activity

Brochures and information reproducible on-line or free by request. Offered by Centers for Disease Control, Division of Adolescent and School Health

www.cdc.gov/nccdphp/dash/nutguide.htm

Phone: (779) 488-3168

FAX: 888-262-7681

5 A Day Power Play!

A 50 sheet tear off tablet offers ways to have fun while exercising. Offered by Park Nicollet Health Source. Also available: posters, t-shirts, and brochures on Food Pyramid and Type 2 Diabetes. Materials fee applies.

Phone: (800) 372-7776

Activity Pyramid

A 50 sheet tear off tablet offers ways to have fun while exercising. Offered by Park Nicollet Health Source. Also available: posters, t-shirts, and brochures on Food Pyramid and Type 2 Diabetes. Materials fee applies.

Phone: (800) 372-7776

Are You at Risk for Type 2 Diabetes?



Children > 10 years of age or at the onset of puberty who are overweight (*BMI greater than 85th percentile for age and sex) plus have one or more of the following risk factors, they should be screened for diabetes (American Diabetes Association's Consensus Statement, Jan. 2001):

- √ Family history of Type 2 diabetes (parent, aunt, uncle or sibling)
- √ Ethnicity – higher incidence with Hispanic, Native American, African American, Asian American and Pacific Islanders
- √ Signs of insulin resistance or conditions associated with insulin resistance:
 - acanthosis nigricans (dark, velvety textured skin found at the base of the neck, armpits and groin area)
 - high blood pressure
 - high blood fats
 - polycystic ovary syndrome

If you or your child is at risk for Type 2 diabetes ask the school nurse for additional resources to assist in prevention and treatment.

Diabetes: √ is the leading cause of new blindness (12-24,000/year)
√ causes heart disease 2-4x that of the non-diabetic population
√ causes mild-severe nerve disease in 60-70%
√ is the leading cause of kidney failure

Reference: CDC's Diabetes Program – Publications & Products – National Diabetes Fact Sheet 1998

The risk of getting Type 2 Diabetes can be decreased by avoiding obesity through healthy diet and plenty of exercise.

*BMI (body mass index) • a key index for relating body weight to height

Parent Notification of Screening Information for Possible Risk of Type 2 Diabetes

This information is for parent notification purposes only and is strictly confidential. School staff may not be able to determine additional risk factors other than height and weight. Parents may need to determine if there are any additional risk factors from the information provided below and take action as recommended below.

Student: _____ **Date:** _____

Name of school staff recording information: _____

School Nurse: _____ **Contact phone number:** _____

Screening results:

Weight: _____ lbs.

Height: _____ inches

BMI (body mass index)=lbs divided by inches, divided by inches x 703 = BMI kg/m²

BMI Percentage for age and gender (consult BMI chart): _____

Other signs of insulin resistance: _____

Measuring height and weight is done at school as is screening for vision, hearing and scoliosis. If children > 10 years of age or at the onset of puberty are overweight (*BMI greater than 85th percentile for age and sex) plus one or more of the following risk factors, they should be screened for diabetes:

- **Family history of Type 2 diabetes: parent, aunt, uncle or sibling**
- **Race: Hispanic, Native American, African American, Asian American and Pacific Islanders**
- **Signs of insulin resistance:**

Acanthosis nigricans (dark, velvety textured skin found at the base of the neck, armpits, and groin area)

High blood pressure

High levels of blood fats

Polycystic ovary syndrome

(Reference: American Diabetes Association Consensus Statement, January 2001)

*BMI (body mass index) = a key index for relating body weight to height

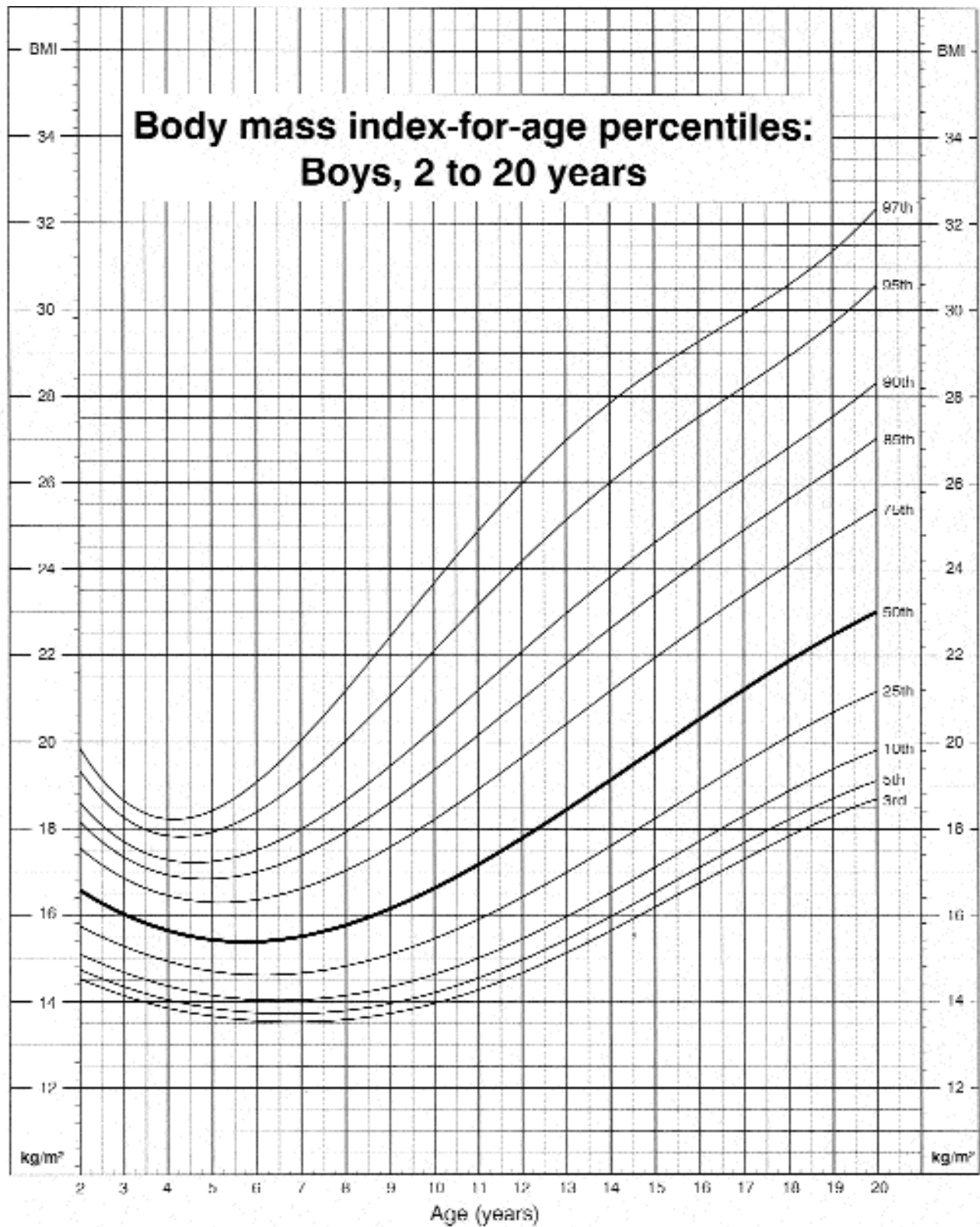
Your child has been identified as possibly being at risk for Type 2 diabetes. The incidence of Type 2 diabetes has significantly increased among adults as well as children. Type 2 diabetes often goes undiagnosed and contributes to long term complications of ulcerating sores, blindness, kidney failure, strokes, and heart disease. Early identification and referral can perhaps prevent or delay the onset of Type 2 diabetes and its complications.

A fasting plasma glucose as the ideal diagnostic test for Type 2 diabetes (American Diabetes Association's consensus Statement, January 2001). This can be done by your healthcare provider or the school nurse can refer you to a medical facility that can do the test. Type 2 diabetes is diagnosed with a fasting glucose of greater than 126 mg/dl. If the results are normal and risk factors are present then the school nurse can provide additional resources to assist in prevention of Type 2 diabetes.

The risk of getting Type 2 diabetes can be decreased by avoiding obesity through healthy eating and plenty of exercise. If you or your child is at risk for Type 2 diabetes a referral for prevention and treatment is needed.

Please refer to the attached page for resources on Type 2 diabetes.

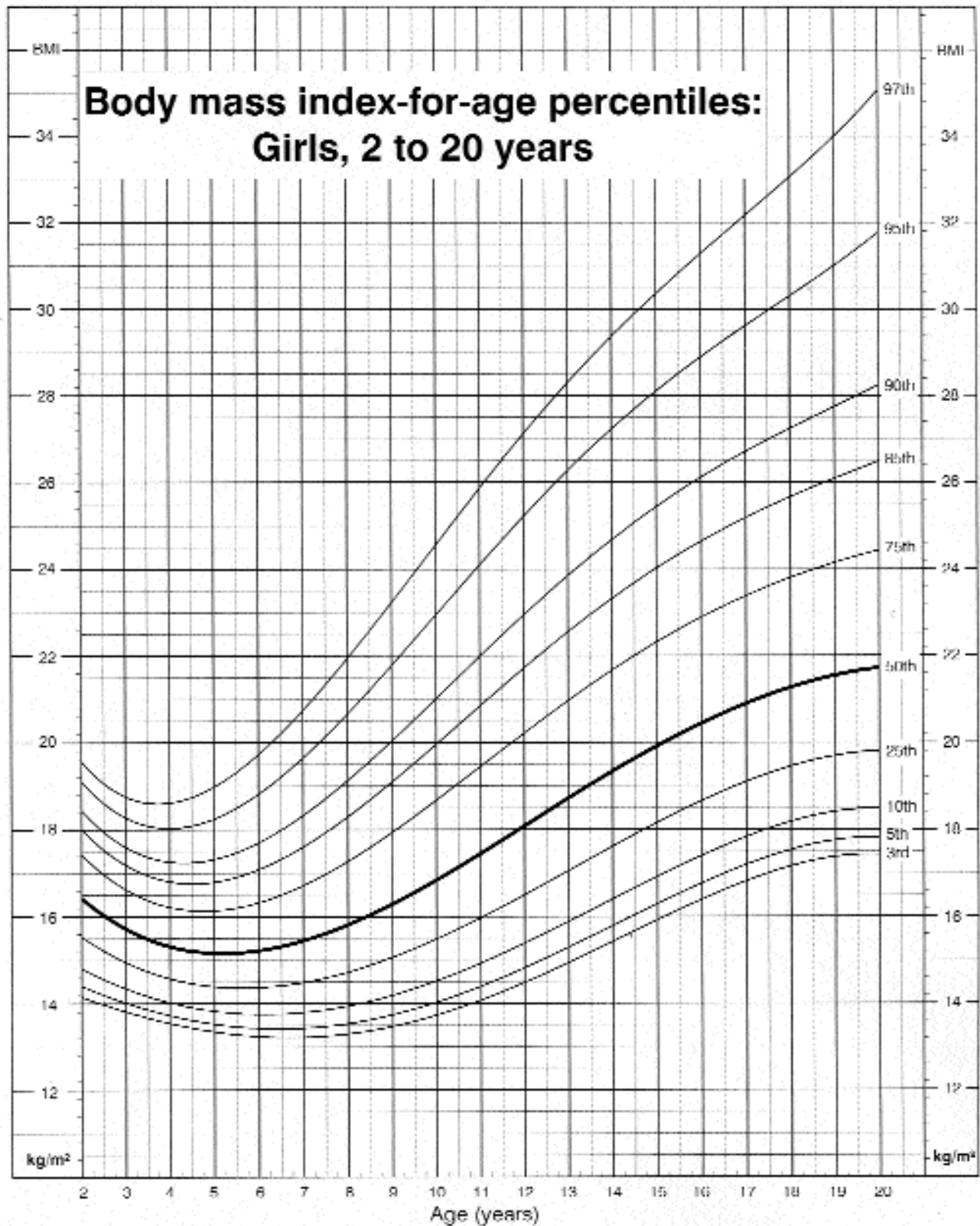
Body Mass Index-for-Age



SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).



Body Mass Index-for-Age



SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).



Glossary

ACANTHOSIS NIGRICANS - skin that is coarse, thickened and black or darkened; has a velvety texture and appears on the nape of the neck, knuckles, elbow, axillae, knees, abdomen, thighs and soles of the feet. This is a condition that has been associated with insulin resistance.

AMERICANS WITH DISABILITIES ACT (ADA) - Passed in 1990, guarantees equal access for persons with disabilities. Title III requires accessibility for people with disabilities in public accommodation (including day care); ADA, 42 U.S.C. Section 12111 (9) for definition of reasonable accommodation.

BLOOD BORNE PATHOGENS - are disease causing germs that can be spread through contact with infected blood.

BODY MASS INDEX (BMI) - a key index for relating body weight to height. The BMI is a person's weight in kilograms (kg) divided by their height in meters (m) squared. Obesity is defined as a BMI of 30 and above.

CONTRACTS - are used in conjunction with SPHCS or ISHP; used for special situations (e.g. student wants to independently perform SPHCS); helps delineate responsibilities and clarify what services are to be provided; sets up timelines for monitoring and evaluation of the situations.

DIABETES INSIPITUS - A disorder characterized by an increased urine production caused by inadequate secretion of vasopressin by the pituitary gland.

DIABETES MELLITUS - Diabetes mellitus is a group of metabolic diseases characterized by hyperglycemia resulting from defects in insulin secretion, insulin action, or both. In Type 1 diabetes, the body has absolute insulin deficiency. In Type 2 diabetes, there is insulin resistance and usually relative insulin deficiency.

DYSLIPIDEMIA - are elevated blood fats (cholesterol, triglycerides).

HYPERTENSION - is high blood pressure; usually occurs early adulthood.

GLUCAGON - a hormone that stimulates the release of stored glucose from the liver.

HYPERGLYCEMIA - abnormally increased blood glucose that eventually results in dry, warm, flushed skin, increased thirst, urination and hunger; vision changes and weight loss. When hyperglycemia is sustained over many years the long term complications of diabetes develop.

HYPOGLYCEMIA - is an abnormally low blood sugar level manifested by sweating, pallor, numbness, hunger, trembling, headache, weakness, behavior changes, and/or seizure.

Glossary (continued)

HYPOGLYCEMIC UNAWARENESS - is a condition when the diabetic does not feel or exhibit signs or symptoms of hypoglycemia, resulting in extremely low blood sugars and potential seizures.

IDEA (Individuals with Disabilities Education Act) - Public Law 94-142, guarantees a free appropriate public education for all handicapped children in the least restrictive environment possible, passed in 1975; renamed Individuals with Disabilities Education Act (IDEA) in 1990 and reauthorized in 1997. This federal legislation authorizes provision of healthcare services as related services or healthcare services under the category of Other Health Impaired.

IEP (Individualized Education Plan) - used in special education; SPHCS need to be listed on the service sheet of the IEP along with designated instruction and services (DIS); DIS shall be available when the instruction and services are necessary for the pupil to benefit educationally from his/her instructional program; the school nurse is part of DIS services; the school nurse is responsible for training staff on diabetes procedures (SPHCS); IEP can provide for a study period if needed, transportation assistance, individual academic assistance, and/or modified schedule (to assist with snack times, PE or lunchtime).

ISHP (Individualized School HealthCare Plan), IHP, Nursing Care Plan- all different terms used for nursing care plans. The ISHP is developed by the school nurse in collaboration with the parent and student (if appropriate). The plan assesses and identifies healthcare needs and accommodations necessary for a student to attend school. It includes parent consent and physician/NP authorization for standard healthcare care procedures to be performed in school and identifies who will do what, when it is done, where and how it is to take place during school attendance and all school related activities.

KETOACIDOSIS - a condition that can occur with high blood glucose. The body burns fat as an alternate source of glucose, in an attempt to provide energy. Ketones are a by-product of this event and can cause progressive symptoms of headache, nausea, lethargy, fruity breath odor, vomiting, rapid breathing and eventually diabetic coma.

OSHA - Occupational Safety & Health Advisory; is a governmental authority that oversees health and safety issues in schools and workplaces.

OVERWEIGHT - Body mass index >85th percentile for age and sex, weight for height >85th percentile, or weight >120% of ideal for height.

POLYCYSTIC OVARY SYNDROME - amenorrhea, extreme facial hair, severe acne, enlarged ovaries, obesity and insulin resistance.

Glossary (continued)

RECOMMENDATION - to present as worthy of acceptance or trial, to endorse as fit, worthy or competent.

Administrative Recommendations - designed for the school administrator to recognize their responsibilities in the provision of appropriate, safe services to students.

Clinical Recommendations - based on the most current, research based medical recommendations for diabetes.

Participant Recommendations - The parents, student, physicians and nurse practitioners have behaviors which have been agreed upon by the diabetes community that hold them accountable to participating in and contributing towards the best diabetes management for the students at school.

SECTION 504 - of the Rehabilitation Act of 1973 applies to persons with disabilities. Basically it is a civil rights act which protects the civil and constitutional rights of persons with disabilities. Section 504 prohibits organizations, which receive federal funds from discriminating against otherwise qualified individuals solely on the basis of handicap. The U.S. Department of Education, Office of Civil Rights (504) enforces section 504. Provides for reasonable accommodations (supervision or privacy for blood glucose testing and insulin injections, snack/meal time accommodation, flexible scheduling of physical education, etc.) that are necessary so that the student may benefit from the educational program (34 C.F.R. Part 104, Appendix A, p. 489 (1988)).

STANDARDS- something established for use as a rule or basis of comparison in measuring or judging capacity, quantity, content, extent, value or quality.

UNIVERSAL PRECAUTIONS - protective measures to prevent the spread of disease as regulated by OSHA e.g.: hand washing, proper disposal of sharps, using gloves when handling potentially infectious substances or materials.

UNLICENSED ASSISTIVE PERSONNEL (UAP) - includes all personnel who are assigned to perform traditional nursing tasks that do not require ongoing assessment, professional nursing judgement, or highly technical tasks. State laws will vary on what tasks can be assigned to a UAP. Personnel may include health technicians, health clerks, secretaries, teachers, coaches, bus drivers, etc. Job descriptions and job titles may vary from school district to school district. The school nurse remains legally responsible for activities assigned to UAP's. The UAP is responsible for performing tasks according to written standard procedures under the training, monitoring and supervision of the school nurse. The school nurse must validate the competency of the UAP prior to task performance.

P.E.D.S.

Pediatric Education for Diabetes in Schools

TRAINER'S BINDER: Includes teaching curriculum and presentation materials
SCHOOL RESOURCE GUIDE: A guide for managing students with diabetes at school

TRAINER BINDER(s): _____ quantity @\$99.00 each, plus \$15.00 shipping and handling.

DIABETES SCHOOL RESOURCE GUIDE(s): _____ quantity @\$20 each plus \$6.00 shipping and handling.

DIABETES CARE AT SCHOOL GUIDE(s): _____ quantity @\$10 each plus \$5.00 shipping and handling.
(If shipped within CA, state tax applies. Please contact PADRE for shipping charges on multiple quantities)

METHOD OF PAYMENT: *Make payable to the PADRE FOUNDATION*

Check# _____ Money Order _____
 Bank Draft _____ Purchase Order # _____

I authorize the PADRE FOUNDATION to charge my:

American Express MasterCard VISA

Card Number: _____ / _____ / _____ / _____ Card Exp. Date: _____ / _____ / _____

Card Issued in the Name of: *(please print)* _____

I authorize the PADRE FOUNDATION to charge the total payment fee indicated on this form to my credit card.

Signature: _____

Ship to: *(please print)* _____

School Name: *(please print)* _____

Ship to address: *(please print)* _____

City, State, Zip: *(please print)* _____

Phone: *(please print)* _____

FOUR WAYS TO ORDER

Avoid duplicate charges by using **ONE** of the methods listed below:

Mail:

PADRE FOUNDATION
455 South Main Street
Orange, CA 92868

Telephone:

714/532-8330

Fax:

Fax completed
forms to:
714-532-8398

PEDS Website:

Download additional order forms
at **www.pedsonline.org** and mail
or fax completed form to PADRE

Refund Policy

Refund requests for the purchase price of the P.E.D.S. materials will only be considered within 15 days of purchase with the shrink wrap fully intact. Opening the shrink wrap will void any refund request. The PADRE Foundation is a 501(c)(3) non profit public corporation.



P.E.D.S. ORDER FORMs
www.pedsonline.org

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