

## Diabetes

### General Information

Type 1 diabetes is a disorder where there is absolute insulin deficiency. Insulin is required for cells to use energy obtained from sugar and starches. Most children require insulin injections daily, usually AM and PM. Managing diabetes requires a daily balance of insulin, food and exercise. This assists in achieving proper blood glucose levels for healthy living and prevention of diabetes complications.

#### A. Goals for Management of Diabetes in School includes the following:

1. Provide for compliance with daily routines for diabetes management.
2. Train designated personnel to recognize the signs of Low Blood Glucose (Insulin Reaction/Hypoglycemia), recognize the signs of High Blood Glucose (Hyperglycemia), provide assistance for restoring appropriate glucose levels, and/or obtain emergency care.
3. Promote pupil self-help skills as appropriate.

#### B. Pupils with diabetes may experience the following conditions:

1. **Low Blood Glucose (Insulin Reaction, Hypoglycemia):** A condition of abnormally low blood glucose. This is caused by not eating enough food, extra exercise, skipping a meal, taking too much insulin, or illness (especially vomiting and diarrhea). Symptoms may be gradual or sudden and, if not treated, can result in loss of consciousness or convulsions. Temporary cognitive impairment can occur with hypoglycemia.
2. **High Blood Glucose (Hyperglycemia):** A condition when blood sugar is too high over an extended period of time. This is caused by not taking enough insulin for the amount of food eaten, not exercising enough, stress, or illness or growing needs. The signs may depend on how long the condition has existed and include thirst, frequent urination, dry skin, hunger, blurred vision, lethargy, drowsiness, and/or change in mood or personality. Undiagnosed diabetics often seek initial medical care when signs of high blood sugar become apparent. Behavioral changes such as defiance or hyperactivity can occur with hyperglycemia.
3. **Ketoacidosis:** If untreated becomes a potentially life threatening condition that may occur during high blood glucose. At such times, the body may burn fat, as an alternate source of glucose, in an attempt to provide energy. Ketones are produced as a by-product of such fat metabolism. This is an inefficient way to produce energy and can cause side effects of lethargy, fruity breath odor, headache, nausea, vomiting, rapid breathing, and eventually diabetic coma.