

DIABETES MELLITUS, TYPE 1 HEALTH ACTION PLAN

School Year: _____

Student Name		Grade	
Teacher		Grad Year	

Emergency Contact Information:

(Please provide, in order, where to call in an emergency during the school day)

	Name	Number	Cell/Work/Home	Relationship
1				
2				
3				
4				

School Nurses: 920-892-5100 Anne Nelson, RN (Grades 4K - 5)
 Jeanna Rortvedt, RN (Grades 6 - 12)

Physician: _____

DIAGNOSIS BACKGROUND & EQUIPMENT / MEDICATION AT SCHOOL:

Diagnosis Background	
Insulin Device Brand (Pen / Pump)	
Continuous Glucose Monitor (CGM)	
Emergency Medication Brand	
Location of supplies at school: (Classroom, health room, locker, backpack)	
Other Important Information	

Target BG: 80-150 mg/dL

For Exercise, Sports and Field trips:

- ⇒ Notify school nurse when field trip is off school grounds.
- ⇒ Quick access is needed to all diabetic supplies including blood glucose meter and testing supplies, insulin, snacks, drinks, health plan, dosing guidelines and emergency medication.
- ⇒ Staff trained in diabetic care and phone access is also required.

Student Name: _____

EMERGENCY ACTION PLAN Low Blood Glucose

If student is unable to eat or drink, is having a seizure, and/or is unconscious...

- **Obtain Glucagon Kit**
- **Call the office to call a Medical Emergency** (inform office 911 will be called)
- **Call 911** - Alert dispatcher individual has Type 1 diabetes and report level of consciousness
- **Give Glucagon injection (*See Instructions Below)**
- Turn on side and keep airway clear, student may vomit
- Give Glucagon container to EMTs and report time of administration
- Notify parents
- Complete a MERT report
- Notify the nurse school and building principal, if not already done

***MIXING AND ADMINISTERING GLUCAGON**

Reminder → Glucagon SHOULD NOT be prepared for injection until the emergency arises

MIXING:

- Remove the flip-off cap from the vial of Glucagon
- Remove the needle protector from the syringe
- Inject entire contents (all of the liquid) from the syringe into the vial of Glucagon
- Remove empty needle from the vial of Glucagon, careful to keep all liquid in vial
- Roll the vial between your hands or gently shake vial until Glucagon tablet dissolves and the solution becomes clear (Glucagon should not be used unless solution is clear and of water-like consistency)
- **ADMINISTRATION OF GLUCAGON:**
- Withdraw all or half (see below) of the solution from the vial into the same syringe

All solution (1mg)

Half solution (0.5mg)

- Locate injection site on the top and center of the thigh at angle
- Insert the needle into the loose tissue at a 90° angle, pushing plunger to inject
- After injection, DO NOT recap the needle, place in sharps container

Note: A Medication Authorization Form needs to be filled out and signed by a doctor annually.

CAUTION:

- Low blood glucose may cause seizures
- To prevent choking, turn onto side as when an unconscious person awakens they may vomit
- If Glucagon is given, the student will need to go to the nearest emergency room for evaluation

This Individual Health Action Plan will be used in an emergency.

This information may be shared with the classroom teachers, administrators, aides, bus drivers and other appropriate personnel with a need to know.

Memo of understanding:

- It is understood that a Health Action Plan will be completed and signed annually
- It is understood that emergency medication will be provided at school
- It is understood that the school nurse will be notified of any changes in the health plan

Parent / Guardian Signature: _____ Date: _____