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## Diabetes Education Train the Trainer Series: Taking Type 1 Diabetes to School

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Angela Bryant-Curry, RN, BS, MA  
Community Diabetes Educator  
angela.bryant-curry@choa.org  
Office: 404-785-9417



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## Reflection

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As you go through this video, please pause to review the content and think about how you would apply this information to your school setting.



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## Introduction

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This educational video focuses on the role of the school staff and is intended for:

- Registered Nurses



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## Objectives

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Three objectives will be accomplished during this session:

1. Discuss challenges and possible accommodations at school related to type 1 diabetes.
2. Describe current Georgia school guidelines that exist to support students living with type 1 diabetes.
3. Explain the required training recommended for school staff in managing care for a student with type 1 diabetes.



## Challenges

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What are the challenges facing students with diabetes?

- **Who** is the individual trained at school to assist with diabetes care?
- **Who** gives glucagon at school?
- **Who** is going to administer insulin on the field trip?
- **Can** the child get permission to perform blood sugar levels outside of the clinic?



## Effective Diabetes Management

According to the National Institute of Health effective diabetes management is crucial:

- For the immediate safety of students with diabetes
- For the long-term health of students with diabetes
- To ensure that students with diabetes are ready to learn and participate fully in school activities
- To minimize the possibility that diabetes-related emergencies will disrupt classroom activities



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## 2 Laws Impacting Type 1 Diabetes

There are 2 laws that impact type 1 diabetes in the academic setting.

- **Georgia Safe at School:** House Bill 879
- **Section 504:** Section 504 of the Rehabilitation Act of 1973



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## House Bill 879

Let's start with the Georgia Safe at School 2012 Law also known as House Bill 879.

*Annotated, relating to student health in elementary and secondary education, so as to provide for the care of students with diabetes in school; to provide for legislative findings; to provide for definitions; to provide for the training of designated school personnel; to provide for the submission of a diabetes medical management plan by parents or guardians for a student; to delineate the functions that may be performed by school nurses or trained diabetes personnel; to authorize a student to perform independent monitoring and treatment; to provide for immunity from civil liability; to provide for related matters; to repeal conflicting laws; and for other purposes.*

Resource:  
<http://sst.csg.org/dockets/2014cycle/34Abills/2034a08@studentdiabetes.pdf>



## Department of Education Guidelines

Training shall include at a minimum:

- Recognition and treatment of hypoglycemia and hyperglycemia.
- Understanding the appropriate actions to take when blood sugar levels are outside of the target ranges indicated by a student's diabetes medical management plan.
- Understanding physician instructions concerning diabetes medication dosage, frequency, and the manner of administration.
- Performance of finger-stick blood sugar checking, ketone checking, and recording of the results.



## DOE Guidelines (continued)

- Administration of insulin and glucagon, an injectable medication used to raise blood sugar levels immediately for severe hypoglycemia, and the recording of the results.
- Performance of basic insulin pump functions.
- Recognizing complications that require emergency assistance.
- Recommended schedules and food intake for meals and snacks, the effect of physical activity upon blood sugar levels, and actions to be implemented in the case of a schedule disruption.
- The requirements of O.C.G.A. § 20-2-779 and State Board of Education Rule 160-4-8-.18 Diabetes Medical Management Plan.

Resource:  
[http://www.gadoe.org/External-Affairs-and-Policy/Policy/Documents/Guidelines\\_for\\_the\\_Care\\_Needed\\_for\\_Students\\_with\\_Diabetes.pdf](http://www.gadoe.org/External-Affairs-and-Policy/Policy/Documents/Guidelines_for_the_Care_Needed_for_Students_with_Diabetes.pdf)



## GA DOE - Suggested Training Tools

Georgia Department of Education guidelines suggested tools for training are:

- Helping the Student with Diabetes Succeed
- A Guide for School Personnel, Published by the National Diabetes Education Program
- Care Tasks at School: What Key Personnel Need to Know

**American Diabetes Association**



## Level 1 Training

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There are 3 levels of training in the **Helping the Student with Diabetes Succeed** resource. The first level is designed for all school personnel.

### Level 1 training includes:

- An overview of diabetes
- How to recognize and respond to hypoglycemia and hyperglycemia
- Who to contact for an emergency



## Level 2 Training

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### The second level builds on Level 1 Training

- For school personnel who have responsibility for the student (classroom, physical education, music, art, lunchroom staff, coaches and bus drivers)

### Level 2 training includes:

- Roles and responsibilities of staff members
- Expanded overview of diabetes
- Role of glucose monitoring
- Importance of balancing insulin/medication with physical activity and nutrition
- Procedures and equipment



## Level 2 Training (continued)

- Impact of hypoglycemia or hyperglycemia in the academic setting
- Student's Individual Health Care Plan, 504 Plan or Individual Education Plan
- Student's Emergency Care Plans
- How to activate Emergency Medical Services
- Planning for special events
- Overview of the legal rights of students with diabetes in the school setting

# 2



## Level 3 Training

**Level 3 training is for two school staff members designated as trained diabetes personnel.**

- Provided by school nurse or a certified diabetes educator

**Level 3 training should include:**

- General training on diabetes care tasks specified in the student's DMMP
- Blood sugar monitoring
- Ketone testing (urine and blood)
- Insulin administration
- Glucagon administration
- Basic carbohydrate counting

# 3



## Level 3 Training (continued)

### Student specific training

- Clear identification and understanding of the task (DMMP)
- Each student's symptoms and treatment for hypoglycemia and hyperglycemia
- Step by step instruction using the students equipment and supplies
- Clear parameters on when to perform the task, or not, and when to ask for help
- How to document all care tasks performed
- Plan for ongoing evaluation

# 3



## School Staff

### School staff should:

- Observe students with diabetes for signs and symptoms of hypoglycemia or hyperglycemia, and should notify the school nurse or trained diabetes personnel of observed signs and symptoms.
- Be aware of the nutritional needs of students with diabetes.
- Promote good hygiene to help prevent infection in students with diabetes.
- Report any blood or other bodily fluid contamination to the school nurse or trained diabetes personnel for cleaning and handling in accordance with Standard Precautions.
- Support students in the self-management of their diabetes as outlined in the DMMP.
- Offer emotional support to students with diabetes and refer students to the school nurse, trained diabetes personnel, or other resources when appropriate.





## Section 504 – Rehabilitation Act of 1973

The Section 504 is the second law that impacts diabetes.

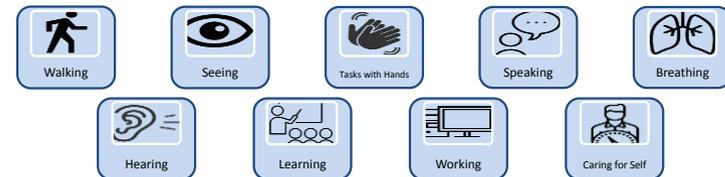
- Part of the U.S. Federal Civil Rights Law
- Prohibits discrimination against people with disabilities.
- Requires states to provide programs for eligible students with disabilities that are equal to those provided to students without disabilities.
- Applies to children who may have a disability but are not eligible for special education services under IDEA.



## Section 504

To be eligible:

- A school age child attends a school that receives federal financial assistance (public school).
- Have a physical or mental impairment that substantially limits 1 or more major life activities:



## Section 504 – Establishment of Eligibility

### Continuing eligibility:

- Provide a written note from clinician stating that child has a disability because he is substantially limited in endocrine function.
- Written note can also explain other major life activities that are limited when experiencing hypoglycemia or hyperglycemia.



**Do more than just say  
a child has diabetes.**



## Evaluation Required

School must perform an evaluation if suspected in need of special education or related services or requested by parent.



## Section 504 – Evaluation Meeting

Evaluations must be made by a group of individuals who are:

- Knowledgeable about the child
- Knowledgeable about the evaluation data
- Knowledgeable about services offered

Once determined eligible:  
A Section 504 plan is established  
by the school health team.



## Section 504 – Essentials

Essential components to be included:

- Diabetes medical management plan
- Provisions of care
- Trained diabetes personnel
- Students level of self care
- Snacks and meals
- Exercise and physical activity
- Water and bathroom access
- Checking blood sugar levels



## Section 504 – Essentials (continued)

### Other essentials of the Section 504 plan are:

- Insulin injections
- Treating hypoglycemia and hyperglycemia
- Field trips
- Test accommodations
- Communication
- Emergency evacuation
- Parental notification
- Emergency contact
- Healthcare provider



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## Possible Accommodations

### Other accommodations included in the Section 504 plan are:

- The teacher or school nurse will notify the parents when supplies are getting low.
- Provide a safe and secure location for storage of insulin and glucagon and allow the child immediate access to diabetes supplies.
- Blood sugar checks: Establish procedure for scheduled blood sugar checks (pre-meals); snacks, recess/PE, or when experiencing high or low blood sugars.
- Hypoglycemia and hyperglycemia:
  - Allow student to promptly treat hypoglycemia/hyperglycemia.

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## Possible Accommodations

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### Accommodations related to Physical Activity (PE) and Recess:

- Plan is in place on how to respond to hypoglycemia and hyperglycemia during physical education activities.
- PE coach should have treatment for hypoglycemia readily available.
- The student should be excused from PE and or recess if blood sugar level is less than 70 or as indicated by doctor's orders until treatment is finished.
- Excuse student from PE/recess if blood sugar level is greater than 300 and tests positive for ketones in urine or as indicated by doctor's orders.



## Possible Accommodations

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### Field Trips and Extracurricular Activities:

- Full participation in sports/PE, extracurricular activities, field trips with necessary supervision provided.
- The teacher will give parent's advanced notice of classroom parties or food, field trips or special events.

### Transportation to and From School:

- System in place to inform and educate bus drivers on recognizing and responding to hypoglycemia and hyperglycemia. Also allowing the student to check the blood sugar if needed as well as have a snack.

Resource:  
[www.jdrfgeorgia.org/documents/FN\\_School\\_Advisory\\_Toolkit.pdf](http://www.jdrfgeorgia.org/documents/FN_School_Advisory_Toolkit.pdf)



## Possible Accommodations

### Water and Bathroom Access:

- Access to water and bathroom at all times
- Teacher will notify school nurse/parent if drinking or bathroom frequency seems excessive



### Snacks and Meals:

- Establish routine/procedure for scheduled insulin (breakfast, lunch, snacks)
- Access to snacks (anytime anyplace)
- Adequate time for lunch
- School/County will provide nutrient analysis for school menu to student/family and school nurse or identified school diabetes trained personnel to assist with carbohydrate counting and insulin dosing

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## Possible Accommodations

### Test and Classroom Work:

- System in place to provide accommodations during standardized:
- Student will be permitted to take the test at another time without penalty



- If student needs to take breaks to use water fountain/drink water or bathroom, perform a BG test, or treat hypoglycemia or hyperglycemia during a test, student will be given extra time to finish without penalty.



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## Challenges Facing Students with Diabetes

### What are the challenges facing student with diabetes?

- Who is the individual trained at school to assist with diabetes care?
- Who gives glucagon at school?
- Who is going to administer insulin on the field trip?
- Can the child check blood sugar levels outside of the clinic?



**Challenges Resolved!  
Safe at School Legislation**

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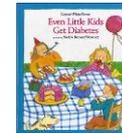


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## Diabetes Literature, Kids 3-8 Years

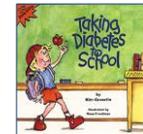
### "Even Little Kids Get Diabetes";

- by Connie Pirner; Whitman, Albert, and Co: 1994



### "Taking Diabetes to School";

- by Kim Gosselin; JayJo Books, LLC:1998



### "Rufus Comes Home";

- by Kim Gosselin; JayJo Books LLC:1998



### "My Sister Rose Has Diabetes"

- by Monica Driscoll Beatty; Health Press:1997



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## Diabetes Train the Trainer Series

For more information visit:  
[www.choa.org/medical-services/diabetes](http://www.choa.org/medical-services/diabetes)

- Diabetes 101
- Carbohydrate Counting
- Physical Activity
- The Diabetes Medical Management Plan
- Taking Type 1 Diabetes to School



## Resources

- Medical Library: [www.choa.org](http://www.choa.org)
- [www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)
- Keeping kids with diabetes safe at school: [www.diabetes.org](http://www.diabetes.org)
- Helping the Student with Diabetes Succeed: A Guide for School Personnel explains what schools should do to make sure students with diabetes are medically safe and have the same access to educational opportunities as all students.  
[www.ndep.nih.gov/publications/OnlineVersion.aspx?Ndepld=NDEP-61](http://www.ndep.nih.gov/publications/OnlineVersion.aspx?Ndepld=NDEP-61)
- JDRF, School Advisory Kit:  
[http://www.jdrf.org/wp-content/docs/JDRF\\_School\\_Advisory\\_Toolkit.pdf](http://www.jdrf.org/wp-content/docs/JDRF_School_Advisory_Toolkit.pdf)
- College Board: [www.collegeboard.com/ssd/student/eligible.html](http://www.collegeboard.com/ssd/student/eligible.html)
- [http://www.gadoe.org/External-Affairs-and-Policy/Policy/Documents/Guidelines for the Care Needed for Students with Diabetes.pdf](http://www.gadoe.org/External-Affairs-and-Policy/Policy/Documents/Guidelines%20for%20the%20Care%20Needed%20for%20Students%20with%20Diabetes.pdf)



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For more information on any of the Trainer the Trainer topics:

- Visit us at: [www.choa.org](http://www.choa.org)
- Call us at: (404) 785-KIDS



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