

# Back to School with Diabetes

Use this checklist to ensure a safe return to school.



**Children's**<sup>SM</sup>  
Healthcare of Atlanta

- ❑ Make an Endocrinologist appointment:
  - Refill Prescriptions (ex.- Glucagon)
  - Update the Diabetes Medical Management Plan (DMMP)
  - Discuss your child's readiness to carry supplies and perform his/her own care.
  
- ❑ Plan a meeting for those involved in your child's care at school.
  - School Nurse (or clinic aid/trained personnel)
  - Principal, Teachers, Coaches, and P.E. Staff
  - School Bus Driver
  - After School Staff if child participates in extracurricular activities
  
- ❑ Topics for discussion at school meeting:
  - Diabetes Medical Management Plan (DMMP) - Review
  - Daily schedule – Breakfast? Lunch? Dismissal? Afterschool Activities?
    - WHO will supervise? Is Self-care involved?
    - WHERE and WHEN will Blood sugar monitoring and insulin administration be performed?
  - Communication between school and parent.
    - Reporting blood sugars and doses of insulin. Daily? Weekly?
    - Class parties with unexpected snacks
    - Field trips
  - Home Concerns:
    - Any observed patterns of highs/lows? Was AM insulin given?
  - 504 plan (if applicable)
  
- ❑ Gather diabetes supplies for school:
  - Blood sugar meter, logbook, test strips, lancets, lancing device, and control solution
  - Insulin (vials or pens), syringes or pen needles, alcohol swabs
  - Ketone test strips
  - Low blood sugar treatment (glucose tablets, juice boxes, glucose gel, Glucagon kit)
  - Extra snacks for P.E. or recess
  - Extra insulin pump supplies (reservoirs/cartridges, infusion sets, batteries, insulin, syringes or pens as a backup)
  - *Most supplies have expiration dates and will need to be replenished:*
    - *Insulin (vials or pens)- expire one month after opening*
    - *Ketone strips- expire 6 months after opening*
    - *Control solution- expires 3 months after opening*
    - *Glucagon- expires after 1 year*
  - Keep enough supplies to last at least 72 hours in case of an emergency.
  - Even if your child is carrying his/her own supplies, keep back-up supplies in the school clinic
  
- ❑ Keep a list of current phone numbers where you or another caregiver may be reached.
  
- ❑ Obtain a medical alert tag for your child to wear while at school (bracelet, necklace, shoelace, or backpack)