



## DIABETES POLICY

### Rationale:

A considerable number of students in schools are diabetics. In general, the appropriate preparations and safeguards should ensure that students with diabetes are able to participate fully in the school's educational programs.

### Aims:

To ensure that students with diabetes are happy, safe and participatory members of the school.

### Implementation:

- Appropriate staff will receive professional development relating to diabetes and its management.
- Students with diabetes will be identified and their confidential details retained in the student files in the First Aid room and CRT medical information folders.
- Students whose parents indicate that they are capable of managing their own diabetes will be encouraged to do so, and will be provided with an appropriate space to manage their diabetes. To be deemed capable of managing their own diabetes, students will have to demonstrate that they have the ability to measure an insulin dose accurately, inject an insulin dose reliably, carry out blood glucose tests accurately, recognise the early signs of hypoglycaemic or hyperglycaemic reactions and to take sugar as necessary, estimate their diet in portions if necessary, understand the need to take extra food before increased physical activity, and have meals and snacks on time consistent with their diabetes management plan.
- Students not capable of managing their own diabetes will be managed by staff in accordance with an agreed management plan developed by a doctor, and provided by parents.
- A student's diabetes management kit or 'Hypo Box' (which may include adequate supplies of insulin, disposable syringes or pen injector devices, blood testing equipment, and glucose or suitable sugar products to prevent or treat an insulin reaction) may be kept in the first aid room, or with the child as appropriate. Two kits are preferable, one for each location. One kit will always accompany the child on any camp or school excursion.
- In general, the student should undertake all educational activities including school camps and excursions, so long as emergency medical aid is available within a reasonable time frame.
- Special considerations need to be undertaken during swimming programs.
- All school meal times should be adhered to as closely as possible. If a meal is delayed, the student should have access to food containing some complex carbohydrate (for example, fruit, biscuits, fruit juice) at the normal meal time while waiting for the meal. A diabetic student should be permitted to take extra food at odd times before extra physical activities to prevent insulin or hypoglycaemic reactions. The student or teacher must take some extra carbohydrate form of food or confectionery on excursions.

### Evaluation:

This policy will be reviewed as part of the school's four year policy review cycle. (Ratified: Dec 2012)