

Diabetes action plan

Diabetes management

Blood sugar (glucose) monitoring

Target range is: _____

* Note: Most preschoolers have a target range of 6 mmol/L to 12 mmol/L prior to meals.

Usual times to check blood sugar: _____

Other times to check blood sugar (e.g., before or after exercise, or if the child shows signs of feeling "low"):

Times when parents want to be notified immediately _____

Parent responsibilities:

☐ Provide glucose meters, test strips, lancing device and lancets, and batteries.

Program responsibilities:

☐ Help monitor levels by:

☐ Record blood sugar levels in the child's *Diabetes daily care record*.

Additional information: _____

Insulin injection

For a child using an insulin syringe/pen:

Parent responsibilities:

☐ Determine staff willingness to administer insulin injections and help with their training.

☐ Provide insulin vials and syringes, or insulin pen and supplies.

☐ Provide a container to dispose of sharps.

Other: _____

Program responsibilities:

☐ Determine their role in giving insulin, in collaboration with the child's parents.

☐ Enlist support of a community nurse to ensure staff comfort and competence with giving injections.

☐ Administer an injection.

☐ Record the injection on the child's *Medication consent form and record sheet*.

Other: _____

Name, address and phone number for child care centre or home setting

For a child using an insulin pump:

Parent responsibilities:

- ☐ Help train program staff to administer insulin using a pump.
- ☐ Ensure that the pump is in good working condition.

Program responsibilities:

- ☐ Check the child's blood sugar levels at the times requested by parents.
- ☐ Administer the correct dose based on blood sugar level and carbohydrates provided.
- ☐ Record the dose on the child's *Medication consent form and record sheet*.
- ☐ Take some simple, problem-solving steps to ensure the pump is working if a blood sugar reading is unexpectedly high.
- ☐ Attend education sessions on managing children's diabetes.

Food management

Regular times for meals and snacks: _____

Parent responsibilities:

- ☐ Provide a daily snack containing carbohydrates (e.g., cheese and crackers).
- ☐ Provide program with a back-up supply of fast-acting sugar (e.g., glucose tablets or gel, honey).
- ☐ Label meals/snacks provided with their carbohydrate content, in grams, for children using a pump.

Other: _____

Program responsibilities:

- ☐ Ensure that meals and snacks are offered on time.
- ☐ Share meal plans with parents in advance.
- ☐ Keep a back-up supply of fast-acting sugar on hand.
- ☐ Advise parents of special days involving food.

Other: _____

Instructions for when food/treats are provided for the group for a special event: _____

Instructions for days involving extra activity: _____

Additional information: _____

Name, address and phone number for child care centre or home setting

Typical signs or symptoms of this child's hypoglycemia (circle all that apply):

- headache,
- pallor (pale skin colour),
- fatigue/drowsiness,
- confusion/inattention,
- moist cold skin/sweating,
- hunger,
- irritability,
- dizziness/ shakiness,
- rapid pulse rate, and
- loss of coordination.

Other (please describe): _____

Can your child recognize his/her own low blood sugar signs?

☐ Yes ☐ No

If so, how might she/he describe feeling "low"? _____

What is usually given to treat low blood sugar? _____

Reminders

If in doubt, treat a child's symptoms:

If child is conscious:

1. Check the child's blood sugar level, if possible.
2. If the child's blood sugar is under 6 mmol administer fast-acting sugars immediately. Repeat in 10 to 15 minutes if symptoms persist.
3. Once the reaction subsides, offer a snack of cheese and crackers. Don't change the time for the next scheduled meal or snack.
4. Stay with the child until you are sure that recovery is complete.

If the child is unable to swallow, unconscious or having a convulsion:

1. Turn the child on her side.
2. **Call 911** (or emergency services where 911 service is unavailable).
3. Don't attempt to give anything by mouth.
4. Only administer glucagon if you have been trained to do so.

Name, address and phone number for child care centre or home setting