



## Kenmore Park Junior School

Moorhouse Road  
Kenton  
Harrow  
HA3 9JA

### **DIABETES POLICY**

Type 1 diabetes is the most common form of diabetes in children and young people. In England and Wales 17,000 children in 100,000 develop diabetes each year.

#### **Cause of diabetes**

Diabetes is a condition where there is an imbalance between the insulin and the glucose in the human body. Insulin, a hormone produced in the pancreas, enables cells to absorb glucose (sugar) in order to turn it into energy. Diabetes is a condition which the body either does not produce enough, or does not properly respond, to insulin. This causes glucose to accumulate in the blood leading to various potential complications.

#### **Types of diabetes**

##### **Type 1 – Insulin dependent**

Type 1 diabetes develops if the body is unable to produce any insulin. This type of diabetes usually appears in children and young people. It is the least common of the two types and accounts for between 5 and 15 per cent of all people with diabetes. You cannot prevent Type 1 diabetes.

##### **Type 2 – Non insulin dependent**

Type 2 diabetes develops when the body can still make insulin, but not enough, or when the insulin that is produced does not work properly. This type of diabetes usually appears in people over the age of 40 and is linked with being overweight.

#### **Kenmore Park Junior School**

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### Preparedness

#### Parent/Carer Responsibilities:

1. On entry to Kenmore Park Junior School parents should inform the School Welfare Assistant via the Medical Information and Consent form of details relating to the diabetes of their child, together with clear guidance on the usage of medication. A copy of their care plan should also be given to the school.
2. Parents are responsible for ensuring medication if required, is supplied, in date and replaced as necessary.
3. Parents are responsible for ensuring the school is provided with relevant snacks, drinks or tablets for their child.

#### The medical staff responsibilities:

1. Once a student has been diagnosed with diabetes the medical staff should ensure that parents complete a care plan with clear guidance on the usage of medication and emergency supplies.
2. A discussion should take place between the medical staff, parents and student, preferably prior to entry to the School, so they can discuss the health care plan and the individual student's needs in school.
3. Parents should be asked to provide details of their child's Diabetes Nurse Specialist (DNS) and permission obtained for the school Nurse to liaise with the DNS.
4. The medical staff will make sure students with diabetes, if necessary, be allowed access to carbohydrates in order to prevent hypoglycaemic attacks.

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5. Medication should be kept in a cupboard within the medical room office. Spare, clearly labelled, in date insulin may be kept in the medical room fridge which is also within the medical room office. A file, clearly marked with the student's name should contain a copy of their individual health care plan and any other medication that might be used.
6. It is essential that medical staff follow the Health and Safety Policy for the storage and disposal of needles and that the School has a sharps box for this purpose.
7. Teaching staff and First Aiders should be informed of all students who are diabetic and be aware of the signs to prevent hypoglycaemic attacks.

### **Training of Staff**

1. All medical staff will be trained in diabetic management and emergency care associated with preventing hypoglycaemic attacks.

### **Action to be taken in an emergency**

#### **Symptoms of a hypoglycaemic attack: low blood sugar below 4 mmols**

A hypoglycaemic attack is caused when the blood sugar falls too low and the brain becomes starved of glucose. Symptoms vary from individual to individual and can include:

Hunger  
Trembling  
Sweating  
Anxiety, loss of concentration or irritability

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Rapid heartbeat  
Paleness  
Tingling of the lips  
Blurred vision  
Mood change/inability to think clearly  
Vagueness  
Drowsiness  
Weakness  
Disorientation  
Slurred speech

Eventually, if untreated and the blood sugar remains very low, the person will become unconscious. If you suspect a diabetic student is unwell always send to the School Welfare Assistant with an escort.

### **Treatment of Hypoglycaemias (low blood sugar) if the student is conscious**

#### **DO.....**

Immediately give something sugary such as a fast acting carbohydrate such as Lucozade, apple juice or dextrose tablets (please see the student's care plan).

Repeat blood glucose test/Freestyle Libra after 15 minutes

Continue this process until sugar levels are above 4 mmols

**Always see individual care plans for each student**

#### **However, if uncooperative but conscious**

Glucose/dextragel can be given to the student. These are kept in student's box. This can be swallowed as an alternative fast acting carbohydrate. This takes 5-10 minutes

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to be effective. The exact amount will vary from person to person and will be detailed in the individual student's diabetes care plan.

Rapid improvement should be seen within minutes of giving the above treatment. However a longer acting carbohydrate will be needed to prevent the blood glucose from dropping again.

Treatment of Hypoglycaemia if the **student is unconscious or having a seizure**

### **DO NOT.....**

Try and give them anything to drink  
Administer glucogel/dextragel  
Put anything in their mouth

### **DO ....**

Call 999 for an ambulance  
Place them in the recovery position  
Stay with them and observe closely, checking that they are breathing until help arrives  
Contact parents.

### **Symptoms of a Hyperglycaemic (high blood sugar) attack**

If a student's blood glucose is high and stays high symptoms can include:

Thirst  
Frequent urination  
Tiredness

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Lack of concentration  
Irritability  
Dry skin  
Nausea blurred vision

### **Treatment of Hyperglycaemia**

#### **DO.....**

Call the student's parents who may ask for a corrective dose of insulin to be administered

Encourage the student to drink plenty of water

If the following symptoms are present call 999:

Deep and rapid breathing (over breathing)

Vomiting

Information: Diabetes UK, Diabetes NHS Choices

Date approved by Governors 5 February 2020

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