

# PLYMOUTH COLLEGE PREPARATORY SCHOOL



## **Diabetic Procedure Including Early Years Foundation Stage**

Review date: October 2018

Date of next review: October 2020

Reviewed by: Mrs N Lane, School Nurse

The school will work closely with the pupils and parents and individual care plans will be kept for each pupil with diabetes. Parents are asked to produce the care plan for their child after discussion with the school nurse at the senior school. These care plans will be kept at reception.

With the pupil's permission their peer group will be advised of signs and symptoms, staff will be given this information but are aware that it should be treated as confidential.

Staff will receive regular updates on how to manage pupils with diabetes.

Spare Insulin or glucose tablets should be kept at reception if requested by the parents.

All staff will have access to a protocol of information on how to help a pupil who has a hypoglycaemic episode.

An updated list of pupils with important medical needs is kept at reception. The kitchen staff are notified of any diabetic pupils.

# Diabetes Protocol

## Hypoglycaemia

This is low blood sugar, which can be life threatening.

The main symptoms associated with hypoglycemia are:

- Sweating
- Fatigue
- Feeling dizzy
  
- **Symptoms of hypoglycemia can also include:**
- Being pale
- Feeling weak
- Feeling hungry
- A higher heart rate than usual
- Blurred vision
- Confusion
- Convulsions
- Loss of consciousness
- And in extreme cases, coma

(source: Diabetes.co.uk 2016)

See the pupils individual care plan for details of their specific symptoms

## Treatment

- If conscious, give a fast acting carbohydrate such as glucose tablets, sweets, sugary fizzy drink or fruit juice.
- Followed by a longer- acting carbohydrate such as biscuits, a cereal bar, a piece of fruit or a sandwich
- It may take 10-15 minutes for an improvement in symptoms, if they do not improve or any deterioration then phone 999