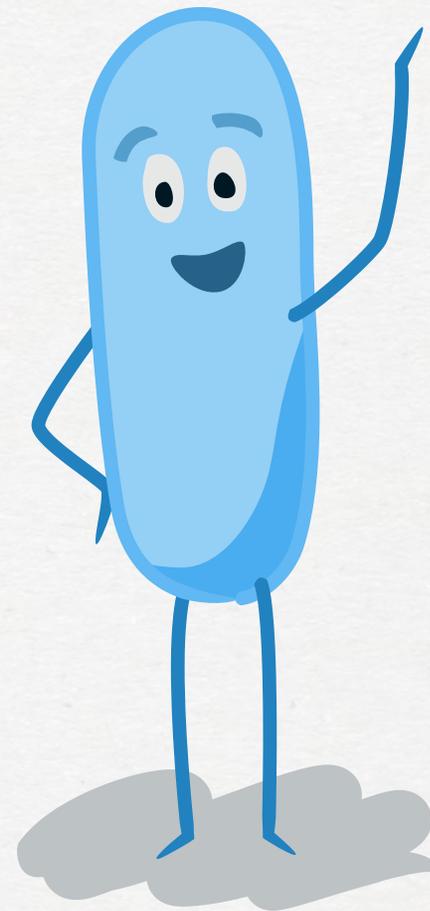




Supporting Students with Diabetes

**A Self-Learning Guide
for School Staff and
Administrators**



Diabetes at School is a resource for families, schools and caregivers to help school-aged children with type 1 diabetes.

Like all students, children and youth with type 1 diabetes have the right to be safe at school. That means everyone who has contact with students must be aware of the potential risks, and know what to do if there is an emergency. School staff who provide direct assistance to students with diabetes will need more detailed information, and some hands-on training.

This video series provides digestible information to help teachers and school staff learn about type 1 diabetes, what it means for the school day, and how to support students with diabetes.

Who should use this tool?

This self-learning tool and video modules are suitable for classroom teachers, non-teaching staff, and other school personnel who have responsibility for students with diabetes at some point during the day.

It can also be used as part of the core training for school staff who have been designated to provide support with daily management and/or emergency care. Others who may find this information helpful include: people who provide supervision during lunch breaks; before/after school care staff; and bus drivers.

Time required

10-30 MINUTES

Instructions

- Watch the videos in the order presented in this guide.
- If you don't have enough time to view all videos at once, it's ok to do so at a later time.
- After each video, test or reinforce your new knowledge with the suggested reflection question or statement.
- Consult additional resources suggested on page 4.
- Review the care plan of the student(s) in your care, and clarify any questions by discussing with parents.

VIDEO 1**Type 1 Diabetes: The Basics for Teachers and School Staff****REFLECTIONS**

True or false?

Insulin is a cure for type 1 diabetes.

VIDEO 2**Type 1 Diabetes: High Blood Sugar at School****REFLECTIONS**

If a student's blood sugar is high, and they are feeling well, what should you do?

- A. Encourage them to drink water
- B. Allow physical activity
- C. Allow unrestricted access to the bathroom
- D. Communicate with parents according to the care plan
- E. All of the above

VIDEO 3**Type 1 Diabetes: Low Blood Sugar at School - What To Do****REFLECTIONS**

Which of the following is NOT a cause of low blood sugar?

- A. Too much insulin, and not enough food
- B. Too much food, not enough insulin
- C. Delaying or missing a meal or a snack
- D. Not enough food before an activity

If you suspect a student's blood sugar is low, what should you do?

- A. Send them to the washroom
- B. Call their parents
- C. Check their blood sugar, and treat if it is low

VIDEO 4**Type 1 Diabetes at School: How to Prevent Emergencies****REFLECTIONS**

Which of the following are ways prevent an emergency?

- A. Frequent blood checks
- B. Eating meals and snacks on time (or as planned)
- C. Reacting quickly to signs of low blood sugar
- D. All of the above

VIDEO 5**Type 1 Diabetes: Severe Low Blood Sugar At School****REFLECTIONS**

True or false?

If a student has a severe low blood sugar, you should give them a snack.

Answers on page 5

VIDEO 6

Understanding Blood Sugar: The Basics for School Staff

REFLECTIONS

Which of the following is NOT a treatment for low blood sugar?

- A. Juice
- B. Glucose tablets
- C. Candy
- D. Chocolate bar

What does a student need if their blood sugar is too high?

VIDEO 7

Insulin: What School Staff Need to Know

REFLECTIONS

What factors affect how much insulin a student needs?

- A. How much food they eat
- B. Their activity levels
- C. Their age and size
- D. Insulin doses are the same every day
- E. A, B, and C only

VIDEO 8

Physical Activity and Type 1 Diabetes: What School Staff Should Know

REFLECTIONS

True or false?

Students with type 1 diabetes should limit their physical activity.

VIDEO 9

Food and Type 1 Diabetes: What School Staff Should Know

REFLECTIONS

True or false?

Students with type 1 should not participate in special events with food.

Answers on page 5

SUGGESTED ADDITIONAL RESOURCES

The Diabetes@School website (www.diabetesatschool.ca) has detailed information on all of the topics covered in this guide, and much more. Here are some of the many resources you may wish to explore:

- 10 things school staff should know about type 1 diabetes
- How teachers can support students with type 1 diabetes
- Monitoring blood sugars: Why, when, where and how
- Glucagon: What it is, and how to use it
- Communication between home and school
- Poster - High blood sugar: What it is and what to do
- Poster - Low blood sugar: What it is and what to do
- Individual Care Plan

Answers

VIDEO 1

Type 1 Diabetes: The Basics for Teachers and School Staff

True or false?

Insulin is a cure for type 1 diabetes.

False: Insulin is a treatment, not a cure. Without insulin, people with type 1 diabetes would die.

VIDEO 2

Type 1 Diabetes: High Blood Sugar at School

If a student's blood sugar is high, and they are feeling well, what should you do?

Answer is E: All of the above

VIDEO 3

Type 1 Diabetes: Low Blood Sugar at School - What To Do

Which of the following is NOT a cause of low blood sugar?

Answer is B: Too much food, not enough insulin.

If you suspect a student's blood sugar is low, what should you do?

Answer is C: Check their blood sugar, and treat if is low.

VIDEO 4

Type 1 Diabetes at School: How to Prevent Emergencies

Which of the following are ways prevent an emergency?

Answer is D: All of the above

VIDEO 5

Type 1 Diabetes: Severe Low Blood Sugar At School

True or false?

If a student has a severe low blood sugar, you should give them a snack.

False: Don't put anything in their mouth, because food or liquids could cause choking.

Answers

VIDEO 6

Understanding Blood Sugar: The Basics for School Staff

Which of the following is NOT a treatment for low blood sugar?

Answer is D. Chocolate bar. Low blood sugar must be treated with a fast-acting sugar like Rockets, Skittles, juice or regular soft drink.

What does a student need if their blood sugar is too high?

Answer: Insulin

VIDEO 7

Insulin: What School Staff Need to Know

What factors affect how much insulin a student needs?

Answer is E. A, B, and C only. Always consult the student's care plan for information on insulin requirements.

VIDEO 8

Physical Activity and Type 1 Diabetes: What School Staff Should Know

True or false?

Students with type 1 diabetes should limit their physical activity.

False: Physical activity should not be limited or delayed unless a student has a low blood sugar, ketones, or another health condition that prevents their full participation. Details will be in a student's care plan.

VIDEO 9

Food and Type 1 Diabetes: What School Staff Should Know

True or false?

Students with type 1 should not participate in special events with food.

False: Being told they "can't have a treat" can be upsetting for children, and make them feel excluded. Students with diabetes can be included in special events with food (for example, Halloween or birthday celebrations) if plans have been made in advance. Remember: Food should not be withheld because blood sugar is high.



Diabetes@School is a project of: _____



Diabetes@School videos are generously supported by: _____



Funding for the development of this guide provided by: _____

