

**St Ambrose Barlow RC High School & Sixth Form College**

A National Teaching School  
A National School of Creativity

Headteacher: Ben Davis



# Diabetes Policy

Created: November 2018

Date of Planned Review: November 2019

*Draft to be ratified by Governors*

# DIABETES POLICY

## St Ambrose Barlow RC High School & 6<sup>th</sup> Form College

The school recognises that diabetes is a widespread condition affecting many children and welcomes all pupils with the condition and recognises its responsibility in caring for them. All relevant staff will be given training on diabetes management and will be expected to update this annually.

- All pupils with diabetes have an Individual Health Care Plan
- All relevant staff have a clear understanding of diabetes and are able to recognise common signs and symptoms associated with the condition
- Pupils will be encouraged to recognise the signs and symptoms and support their fellow pupils
- Staff are informed each year of those children who have diabetes and a printed copy of names is given to Heads of Department to keep confidentially
- The catering staff are also aware of all diabetic pupils in case high sugar refreshments are needed urgently – high sugar drinks are available in the school office
- The school will work in partnership with all parties to ensure the policy is implemented and maintained and to ensure effective communication of the policy

### DIABETES POLICY

Diabetes is a condition in which the amount of sugar in the bloodstream is too high. This comes about because the body fails to either produce insulin or enough insulin to deal with the sugar.

As a result the sugar builds up in the blood causing Hyperglycaemia. People with diabetes control their blood sugar levels with diet which provides a predictable amount of sugar and carbohydrate and insulin injections. Children particularly can have emotional and behavioural difficulties as a result of their condition and much support is required.

**Hypoglycaemia** – low blood sugar

**Hyperglycaemia** – high blood sugar

#### **Causes of Hypoglycaemia**

Inadequate amounts of food eaten, missed or delayed

Too much or too intense exercise

Excessive insulin

Unscheduled exercise

#### **Recognition of Hypoglycaemia**

Onset is SUDDEN

Weak, faintness or hunger

Palpitation (fast pulse) tremor

Strange behaviour or actions

Sweating, cold, clammy skin

Headache, blurred vision, slurred speech

Confusion, deterioration levels of response leading to unconsciousness seizures

### **Treatment of Hypoglycaemia**

Call or send for a first aider

Ensure the child eats a quick sugar source e.g. glucose tablet, gel or fruit juice

Wait 10 minutes and if the pupil feels better, follow with a carbohydrate type snack e.g. biscuit, cereal bar, etc.

Once recovered allow to return to normal school activities

Inform parents or guardian of episode

If the child becomes drowsy and unconscious the situation is **LIFE THREATENING**

Call 999 and request an ambulance

Place the child in recovery position and stay with the child

Contact the parent/guardian

### **Causes of Hyperglycaemia**

Too much food

Too little insulin

Decreased activity

Illness

Infection

Stress

### **Recognition of Hyperglycaemia**

Onset is over time – hours or days

Warm dry skin, rapid breathing

Fruity sweet smelling breath

Excessive thirst and increasing hunger

Frequent passing of urine

Blurred vision

Stomach ache, nausea, vomiting

Skin flushing

Lack of concentration

Confusion

Drowsiness that could lead to unconsciousness

### **Treatment of Hyperglycaemia**

Call and send for first aider

Encourage child to drink water or sugar free drinks

Allow child to administer extra insulin

Permit child to rest before resuming activities if feeling well enough

Contact parent or guardian