



# Diabetes Health Care Plan

Prepared by the Health Consultant Team at Child Care Aware® of North Dakota

Children with diabetes are generally normal and healthy. In a child who has diabetes, sugar cannot be used by the body because the pancreas no longer makes the hormone insulin. Because of this, daily insulin injections are needed. Diabetes is not contagious. Caring for a child with diabetes is not very difficult, but it does require a small amount of extra knowledge.

Name of child: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent(s) or Guardian(s) name: \_\_\_\_\_

Emergency phone numbers: Mother: \_\_\_\_\_ Father: \_\_\_\_\_

(See emergency contact information for alternate contacts if parents are unavailable)

Primary health provider's name: \_\_\_\_\_ Phone: \_\_\_\_\_

Hospital of choice: \_\_\_\_\_ Phone: \_\_\_\_\_

## Testing for low blood sugar

Blood sugar testing supplies for this child are: \_\_\_\_\_

Where supplies are kept : \_\_\_\_\_

Blood sugars should routinely be tested \_\_\_\_\_

Results should be recorded in the log book.

## Signs of low blood sugar

Low Blood Sugar (otherwise known as hypoglycemia or an insulin reaction) can come on quickly. It can occur if the child gets more exercise than usual or does not eat as much as usual.

The warning signs of low blood sugar vary but can include any of the following.

The signs this child usually has are (check all that apply):

- Hunger
- Paleness
- Eyes appear glassy, dilated or big pupils
- Pale or flushed face
- Personality changes such as crying or stubbornness
- Other warning signs for this child (specify): \_\_\_\_\_
- Headaches
- Inattention, drowsiness, sleepiness at an unusual time
- Weakness, irritability, confusion
- Speech and coordination changes
- If not treated, loss of consciousness and/or seizure

It is ideal to check the blood sugar if you see any of these signs. If it is not possible to check the blood sugar, go ahead with treatment anyway. It takes 10 minutes for the blood sugar to increase after taking liquids with sugar. Thus, the blood sugar can even be done after taking sugar.

## Treatment of low blood sugar

Give sugar or carbohydrates to help the blood sugar rise.

Treat reactions of this child with: \_\_\_\_\_

If the child is having an insulin reaction and he/she refuses to eat or has difficulty eating, give Insta-Glucose or cake decorating gel. Put the Insta-Glucose, a little but at a time, between the cheeks (lips) and the gums and tell the child to swallow. If he/she can't swallow, lay the child down and turn the head to the side so the sugar or glucose doesn't cause choking. You can help the sugar absorb by massaging the child's cheek.

If a low blood sugar or other problems occur, please call (in order):

1. Parent \_\_\_\_\_ at \_\_\_\_\_
2. Physician \_\_\_\_\_ at \_\_\_\_\_
3. Other Person \_\_\_\_\_ at \_\_\_\_\_

**Meals and snacks**

The child must have meals and snacks on time. The schedule is as follows:

	Time	Food	Amount to give	Special Instructions
Breakfast				
Snack				
Lunch				
Snack				
Supper				

**Insulin administration**

Type of insulin: \_\_\_\_\_ Route \_\_\_\_\_

Units of insulin per carbohydrate choice: \_\_\_\_\_ **OR** Set amount of insulin: \_\_\_\_\_ @ \_\_\_\_\_ o'clock

Sliding Scale:

\_\_\_\_\_ units of insulin if blood sugar is between \_\_\_\_\_ and \_\_\_\_\_

\_\_\_\_\_ units of insulin if blood sugar is between \_\_\_\_\_ and \_\_\_\_\_

\_\_\_\_\_ units of insulin if blood sugar is between \_\_\_\_\_ and \_\_\_\_\_

\_\_\_\_\_ units of insulin if blood sugar is between \_\_\_\_\_ and \_\_\_\_\_

**High blood sugars**

Hyperglycemia: High blood sugars are generally NOT an emergency unless they are accompanied by vomiting. When the sugar is high, the child will have to drink more and urinate more frequently. It is essential to make bathroom privileges readily available, and a source of water for drinking. If the child care provider notes that the child is using the bathroom more frequently over a period of several days, a parent should be notified.

A blood sugar above \_\_\_\_\_ will/may require an insulin administration. See sliding scale above.  
 Notify parent of blood sugar above \_\_\_\_\_.

**Field trips**

If the child is going to be away from child care, the adult supervising the child must have with them a source of carbohydrates to treat low blood sugars and the child's testing supplies and insulin. Parent needs to be made aware of field trip plans.

**Reviewed child's diabetes care plan with provider/staff**

Name of provider/staff: \_\_\_\_\_ Date: \_\_\_\_\_

Parent / guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician's signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Resources :*  
 Adapted from Child Care care plan for child with Diabetes written by MeritCare Children's Diabetic Educators, 6/11/2008

Revised 7/15