

## **Forres Sandle Manor (Non-Academic) Policy**

Policy Title	<b>Diabetes Policy</b>
Policy Lead (Appointment (& Initials))	<b>Head Matron (NB)</b>
Date of Last Review	<b>February 2020</b>
Date of Next Review	<b>February 2021</b>

### **DIABETES**

Pupils with diabetes are welcome at FSM. They will be encouraged to take a full part in all activities in the school, including sport and school trips.

FSM will work closely with pupils and their parents and individual care plans will be drawn up and kept for each child with diabetes. Care plans will be written by parents, pupils, the Head Matron and, in the case of a boarder, the Head of Boarding.

Once the care plan has been written, with the pupil's permission, their peer group will be advised of signs and symptoms to watch for. All staff will also be given this information.

Staff will be given regular updates on how to manage the child's diabetes. A close relationship between the Matrons' department and the parent will be vital.

All staff will have access to a protocol of information on how to help a pupil who has a hypoglycaemic episode. This protocol can be found below.

Spare insulin, glucose tablets, hypo stop and a sharps box will be kept in the surgery. If the child is going off-site on an activity, staff on the trip will be fully briefed and supplied with anything they need.

The kitchen staff, under the direction of Head Chef, will be kept fully informed and will play a crucial role in managing food for the pupil.

Staff will be notified of any newly diagnosed or new pupils with diabetes. An updated list of pupils with important medical needs is displayed in the staff room.

### **DIABETES PROTOCOL**

#### **HYPOGLACEMIA**

The danger for a diabetic is a low blood sugar level. This is caused either by too much insulin, not enough carbohydrate (missed or delayed meal) or too much exercise.

## **SYMPTOMS**

- Hunger.
- Sweating.
- Drowsiness.
- Pallor.
- Glazed eyes.
- Shaking.
- Mood changes or lack of concentration.

See the pupil's individual care plan for details of their specific symptoms.

## **MANAGEMENT**

If the symptoms occur while conscious, give a fast acting sugar immediately. Examples include Lucozade, sugary drink, mini chocolate bars e.g. Milky Way, fruit juice, glucose tablets, honey or jam. The pupil may have their own fast acting sugar.

The pupil should recover within 10-15 minutes. They may feel nauseous, tired or have a headache.

When the pupil has recovered, follow up the fast acting sugar with some slower acting starchy food such as two biscuits and a glass of milk or sandwich.

If the child is unconscious, do not try to give anything to swallow. Rub some jam, honey or hypo stop, if supplied by the parent, inside the cheek where it can be absorbed. Place the child in the recovery position and call an ambulance.