

## **Supporting a Child with Diabetes**

### **What diabetes care looks like in SHINE schools.**

- No child with diabetes will be excluded from any part of the school curriculum.
- Every child with diabetes should have access to extracurricular activities.
- Schools and health services will work together to make sure we meet the needs of children with diabetes.
- Paediatric diabetes teams will be contacted to provide training and support to schools, so school staff have the skills and confidence they need to look after a child with diabetes.
- No parent should be relied on to go into school to treat their child's diabetes but they may be called to provide support if necessary.
- SHINE Multi-Academy Trust has a policy for supporting pupils with a medical condition. This is updated every year.
- Every child with diabetes will have an individual healthcare plan, which details exactly what their needs are and who will help them. This will be written with the support of their Paediatric Diabetic Specialist Nurse.
- Parents should provide up-to-date information about their children's diabetes needs and all the supplies needed to manage diabetes in school.
- SHINE schools are aware that not all children with diabetes have the same needs.
- All school staff know what to do in case of an emergency and at least two people will be trained in how to care for a child with diabetes. Planned staff absences will be co-ordinated so that there is always one trained person in school.
- Schools and parents will agree on a clear and manageable method of communication.
- Children with diabetes should never be left alone when having a hypo or be prevented from eating or drinking to prevent or treat a hypo.
- Every child with diabetes should be listened to and their views taken into account.

### **A good practice checklist**

All schools must have these basic procedures in place to support a pupil with a long-term medical condition, such as diabetes.

- 1) A MEDICAL CONDITIONS POLICY-** A medical conditions policy must be in place and reviewed regularly. It is essential to include what action will be taken by the school to make sure a child is looked after and how that the pupil is fully included in the day-to-day life of the school.
- 2) AN INDIVIDUAL HEALTH CARE PLAN-** Every child with diabetes needs to have an individual health care plan to make sure a child's diabetes is managed

properly during school time. The child's parents and their Paediatric Diabetic Specialist Nurse (PDSN) should be there when a child's personal plan is created. It should be updated and reviewed regularly.

**3) MAKE SURE YOU WORK TOGETHER**- Communication between school, the children, their parents and the diabetes team is essential. All parties involved should be happy that the communication is constructive and takes place regularly. Each SHINE school will agree their preferred method of communication with each child's parent/ carer and how often communication will take place.

**4) TRAINING AND SUPPORT**- Each school should have at least 2 members of staff who are fully trained to support a children with diabetes. Other staff within school should also have general awareness training too. The PDSN should provide this training and the child's parents might support with the training too.

### **Smartphones to support the monitoring of blood sugar levels**

It is becoming increasingly popular for pupils with type 1 diabetes to use a smartphone to monitor their blood sugar levels. Continuous glucose monitors (CGMs) detect blood sugar levels using a sensor and regularly send information to a pupil's smartphone (every 2 to 5 minutes). This allows pupils, parents and carers to receive an alert when blood sugar is above or below the range, or if it's dropping or rising too quickly. This allows staff in school to respond to alerts without the need of finger pricks.

#### **Advantages of using a CGM**

- They track sugar levels all through the day and night.
- Monitor levels at times when tests don't normally happen, e.g. during the night.
- It's easier to see trends: when sugar levels are starting to rise or drop, enabling action to be taken earlier.
- Generally, less finger prick checks are needed.
- It can help reduce hypos, as a downward trend can be seen before it happens.
- Alarms can be set for high and low levels.

#### **Disadvantages of using a CGM**

- The amount of data can be confusing and worrying.
- Some finger prick checks may still be needed to check the accuracy of the monitor.
- Some people find wearing a sensor irritating or unsightly.

### **Smartphones for pupils with CGMs**

Pupils with a CGM must be able to carry their smartphone at all times. It needs to be kept close to the monitor so that it doesn't lose its connection. For pupils in SHINE schools, it must only be used for this purpose. If a parent is concerned about their child's blood sugar levels and the treatment they are receiving, they must call their child's school office, send a message using the school's method of communication or arrange a meeting at a mutually convenient time. Their child's smartphone must not be used to send messages to class staff or to call them during the school day.

Approved by:

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