

TYPE ONE DIABETES ACTION PLAN 2025

Multiple Daily Injections

SCHOOL SETTING

Use in conjunction with Diabetes Management Plan.
This has been developed by specialist diabetes clinicians.

As kaitiaki (carers/guardians) of diabetes related services, it is a collective responsibility to establish an environment that facilitates a pathway for people with diabetes to navigate te ao mate huka - the world of diabetes¹.

LOW Hypoglycaemia (Hypo)

Blood Glucose Level (BGL) less than or equal to

3.9 mmol/L

SIGNS AND SYMPTOMS Pale, headache, shaky, sweaty, dizzy, changes in behaviour *Note: Symptoms may not be obvious*

DO NOT LEAVE STUDENT ALONE
DO NOT DELAY TREATMENT

MILD

Student conscious
(Able to eat hypo food)

Step 1 Give fast acting Carbohydrate
e.g. _____

Step 2 Recheck BGL in **10-15 mins** If BGL \leq 3.9 mmol/L
Repeat Step 1

If BGL greater than or equal to \geq 4.0, go to **Step 3**

Step 3
Give 10g long acting carbohydrate, if next meal/snack is more than 20 mins away.

SEVERE

Student drowsy / unconscious
(Risk of choking / unable to swallow)

- First Aid DRSABCD
- Stay with unconscious student
- Administer Glucagon if available

CALL AN AMBULANCE
DIAL 111

Contact parent/carer when safe to do so.

HIGH Hyperglycaemia (Hyper)

Blood Glucose Level (BGL) greater than or equal to

15.0 mmol/L requires additional action

SIGNS AND SYMPTOMS increased thirst, extra toilet visits, poor concentration, irritability, tiredness
Note: Symptoms may not always be obvious

INSULIN MAY BE REQUIRED

Refer to Management Plan
Correction Factor 1: ___ mmol/L
Frequency of corrections: _____

STUDENT WELL

Recheck BGL in 2 hours

Encourage water and return to activity

- Extra toilet visits may be required
- If GL is high and child is hungry, they can still eat carbohydrate
- Extra activity is NOT required as a method of a treatment for high glucose levels
- **Check ketones if BGL still $>$ 15mmol/L after 2 hours**

BGL still \geq 15.0mmol/L and ketones less than $<$ 1.0mmol/L

CONTACT PARENT / CARER FOR ADVICE

BGL still \geq 15.0mmol/L and ketones greater than or equal to \geq 1.0mmol/L

CONTACT PARENT / CARER TO COLLECT STUDENT ASAP

STUDENT UNWELL

eg Vomiting
Check blood ketones (if able)

If Ketones greater than or equal to 1.0 mmol/L
CONTACT PARENT / CARER TO COLLECT STUDENT ASAP

If unable to contact parent/carer
SEEK MEDICAL ADVICE

Other notes:

Student's name:		Place photo of child here
Age:	DOB:	
Date:		
School name:		

INSULIN injections are needed (cross out if not applicable)
At home and school pre-meals OR Twice daily at home

Carb Ratio (morning tea)	Carb Ratio (lunch)	Person responsible for giving insulin
1: g	1: g	
OR using phone app calculator:		Person responsible for calculating insulin dose

If not carb counting give Set dose: _____ units with correction

Student is able to inject insulin (cross out those not applicable)
with assistance / with supervision / independently

BGL CHECKING TIMES

- Anytime and anywhere at school
- Before morning tea and before lunch
- Before activity and exercise
- Before exams and tests

PHYSICAL ACTIVITY

- Consider giving long-acting carbohydrate food before every 30 mins of planned activity
- Vigorous activity should **NOT** be undertaken if BGL \geq 15.0 **AND** blood ketones are \geq 1.0 **AND/OR** student is unwell
- Playtime does not usually require additional carb.

Parent/Carer's name:	Contact phone:
Other contact name:	Contact phone:
Treating medical team:	Contact phone:

