

TYPE 2 DIABETES ACTION PLAN: 2025

(Insulin Injections)

SCHOOL SETTING

Use in conjunction with Diabetes Management Plan.
This plan should be reviewed every year.

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** requires additional action

SIGNS AND SYMPTOMS Pale, headache, shaky, sweaty, dizzy, drowsy, changes in behaviour.

Note: Check BGL if hypo suspected. Symptoms may not always be obvious

HIGH Hyperglycaemia (Hyper)

Blood Glucose level (BGL) greater than or equal to **>15.0 mmol/L** is well above average and requires additional action

SIGNS AND SYMPTOMS Increased thirst, extra toilet visits, poor concentration, irritability, tiredness

Note: Symptoms may not always 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 <3.9 mmol/L

Repeat Step 1

If BGL greater than or equal to
<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.

STUDENT WELL

Recheck BGL in 2 hours

- Encourage 1-2 glasses water per hour
- Return to usual activity
- Extra toilet visits may be required
- Re-check BGL in 2 hours
- Do not restrict students access to food.

In 2 hours, if BGL still
greater than equal to 15.0
mmol/L

CALL PARENT / CARER
FOR ADVICE

STUDENT UNWELL

e.g. Vomiting
Contact parent/carers to collect
student ASAP

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

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

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

Insulin required:	Person responsible for giving insulin
<input type="checkbox"/> At morning tea	Person responsible for calculating insulin dose
Frequency:	
<input type="checkbox"/> At lunch time	
Frequency:	

Student is able to inject insulin (cross out if 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 if BGL < 6.0 mmol/L
- Playtime does not usually require additional carb



New Zealand Child & Youth
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¹Te Kaiwhakahaere Māori te Roopu mate huka Debbie Rawiri-Te Whatu Ora Waitaha Canterbury