

## RETURNING TO SCHOOL WITH DIABETES 2009-2010 PARENT GUIDE

It can be stressful returning to school regardless of whether you have been living with diabetes for years or were just diagnosed yesterday. Here are suggestions in preparing for your return.

1. Each year before returning to school or upon diagnosis, call as soon as possible to schedule a meeting with the school personnel. It will be helpful if you can include any or all of the following applicable personnel:
  - School Nurse (If you do not have a school nurse ask the school who will be helping with your child's diabetes and include them in the meeting i.e. secretary)
  - Nurse's Aide/Administrative Support Staff
  - Teacher
  - Principal
  - Food Service Manager
  - Bus Driver
  - Counselor
  - Physical Education Teacher/Coach
  
2. Bring your 2008-2009 school packet including School Orders to the meeting. Contact your Social Worker if you have questions about these forms at (513) 636-2444 and select option #9. Remember to complete "MUST BE COMPLETED BY PARENT" section on School Orders.
  
3. **Diabetes supplies/equipment to be kept at school based on insulin therapy:**

<input type="checkbox"/> <b>Basal/Bolus Insulin Therapy/ Insulin Pump Therapy Supplies</b>	<input type="checkbox"/> <b>Split/Mixed Insulin Therapy Supplies</b>
<input type="checkbox"/> Blood Glucose Meter	<input type="checkbox"/> Blood Glucose Meter
<input type="checkbox"/> Test Strips	<input type="checkbox"/> Test Strips
<input type="checkbox"/> Lancet Device	<input type="checkbox"/> Lancet Device
<input type="checkbox"/> Lancets	<input type="checkbox"/> Lancets
<input type="checkbox"/> Ketone Test Strips	<input type="checkbox"/> Ketone Test Strips
<input type="checkbox"/> Glucagon Emergency Kit	<input type="checkbox"/> Glucagon Emergency Kit
<input type="checkbox"/> Insulin Pen	<input type="checkbox"/> Insulin (based on individual needs)
<input type="checkbox"/> Pen Needles	<input type="checkbox"/> Syringes
<input type="checkbox"/> Syringes	<input type="checkbox"/> Supply of snacks/items to treat low blood glucose
<input type="checkbox"/> Insulin	
<input type="checkbox"/> Extra Pump Supplies (insulin pump users)	
<input type="checkbox"/> Supply of snacks/items to treat low blood glucose	

**Questions you may want to ask:**

Who will help my child with blood glucose monitoring? \_\_\_\_\_ or \_\_\_\_\_ (backup)

Who will assist and/or give my child insulin at school if needed? \_\_\_\_\_

Who will call me when my child's diabetes supplies need replaced? \_\_\_\_\_

Who will remind my child to eat his/her snack (if applicable)? \_\_\_\_\_

- Arrange with school personnel location of supplies and designated areas for testing of blood glucose.
- Arrange a plan for school personnel to report blood glucose results to parents.
- Designate an area to store items used to treat low blood glucose.

***Recurrent absences or requests to be excused from class due to diabetes should be carefully evaluated.***