



**Insulin**

Types, times, and dosages of insulin injections to be given during school: \_\_\_\_\_  
Time/Type(s)/ Dosage: \_\_\_\_\_

School nursing (Rn or LVN) personnel trained to assist with insulin injection: \_\_\_\_\_

Can student give own injections? Yes \_\_\_\_\_ No \_\_\_\_\_

Can student determine correct amount of insulin? Yes \_\_\_\_\_ No \_\_\_\_\_  
Can student draw correct dose of insulin? Yes \_\_\_\_\_ No \_\_\_\_\_

**FOR STUDENTS WITH INSULIN PUMPS**

Type of pump: \_\_\_\_\_  
Basal rates: \_\_\_\_\_  
Insulin/carbohydrate ratio: \_\_\_\_\_  
Correction factor: \_\_\_\_\_

Is student competent regarding pump? Yes \_\_\_\_\_ No \_\_\_\_\_  
Can student effectively troubleshoot problems (e.g., ketosis, pump malfunction)? Yes \_\_\_\_\_ No \_\_\_\_\_

Comments: \_\_\_\_\_

**Meals and Snacks Eaten at School**

The carbohydrate content of the food is important in maintaining a stable blood glucose level.  
Meal/Snack Time Food content/amount: \_\_\_\_\_

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_

Mid-afternoon snack: \_\_\_\_\_  
Snack before exercise? Yes \_\_\_\_\_ No \_\_\_\_\_  
Snack after exercise? Yes \_\_\_\_\_ No \_\_\_\_\_

Other times to give snacks and content/amount: \_\_\_\_\_  
A source of glucose such as \_\_\_\_\_  
And should be readily available at all times.

Preferred snack foods: \_\_\_\_\_  
Foods to avoid, if any: \_\_\_\_\_

Instructions for when food is provided to the class, e.g., as part of a class party or food sampling: \_\_\_\_\_

Exercise and Sports \_\_\_\_\_  
A snack such as \_\_\_\_\_  
And should be available at the site of exercise or sports.

Restrictions on activity, if any: \_\_\_\_\_

Student should not exercise if her blood glucose level is below \_\_\_\_\_ mg/dl or above \_\_\_\_\_

**Hypoglycemia (Low Blood Sugar)**  
Usual symptoms of hypoglycemia: \_\_\_\_\_



Treatments of hypoglycemia: \_\_\_\_\_

School Nursing personnel trained to administer glucagon: \_\_\_\_\_

Glucagon should be given if the student is unconscious, having a seizure (convulsion), or unable to swallow. If glucagon is required, it should be administered promptly. Then, call 911 (or other emergency assistance) and notify the parents/guardians immediately.

**Hyperglycemia (High Blood Sugar)**

Usual symptoms of hyperglycemia: \_\_\_\_\_

Treatment of hyperglycemia: \_\_\_\_\_

Circumstances when urine ketones should be tested: \_\_\_\_\_

Treatment for ketones: \_\_\_\_\_

School nursing personnel trained to test for ketones: \_\_\_\_\_

**Supplies and Personnel**

Where are supplies for testing blood glucose levels kept? \_\_\_\_\_

Where are supplies for administering insulin kept? \_\_\_\_\_

Where supplies for testing ketones kept? \_\_\_\_\_

Where is glucagon kept? \_\_\_\_\_

Where are supplies of snack foods kept? \_\_\_\_\_

School nursing personnel trained in the symptoms and treatment of high and low blood sugar: \_\_\_\_\_

This Health Plan has been reviewed by: \_\_\_\_\_

Student's Health Care Provider Date \_\_\_\_\_

Acknowledged and received by: \_\_\_\_\_

Student's Parent(s) or Guardian (s) Date \_\_\_\_\_

Acknowledged and received by: \_\_\_\_\_

School Representative/Date \_\_\_\_\_