

## **Accommodating Students with Diabetes**

### **Individual Health Care Plan**

Policy 3085, Accommodating Students with Diabetes, requires all students with diabetes will have an individual health plan (IHP) that will include an emergency plan. The plan will be updated annually and more frequently as needed.

The school nurse will utilize the following reference in developing a plan of care for the student with diabetes: *Guidelines - Care of Students with Diabetes, September 2001, Washington State Task Force for Students with Diabetes*. The Guidelines include the following forms that will be used/adapted in the planning of care and development of the student IHP:

#### Diabetes Checklist for School Nurses

- Individual Health Plan/Section 504 Plan
- Health Care Provider (HCP) Orders for Students with Diabetes in Washington State Schools
- Low Blood Sugar School Plan
- High Blood Sugar School Plan
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Also addressed within the Guidelines is information necessary to individualize student IHP's for exercise/sports activity, disaster preparedness/three day emergency readiness, suggested accommodations for the student with diabetes, and Washington State Nursing Care Quality Assurance Commission advisory opinions.

Included in the IHP will be accommodations for food and meal service to include:

- Unlimited access to food and water on schedule and as needed, as well as unrestricted access to bathroom facilities.
- When food is served at school events, provision should be made for appropriate food to be available for the student with diabetes.
- Meals are not to be withheld from any student with diabetes. If the student cannot pay for a meal the charge will be billed to the parent or adult student and collected consistent with district policies.

### **Training**

The School Nurse will consult and coordinate with the student's parents and health care provider and supervise the appropriate school district personnel. The nurse will provide in-service training for school staff following the uniform policy developed jointly by OSPI and the Department of Health (DOH).

- Training in symptoms, treatment, and monitoring of diabetes and related skills as guided by the most recent edition of the Guidelines for Care of Students with Diabetes (Appendix F). The use of these Guidelines does not replace clinical judgment or individualized consultation with medical care providers.
- General training in symptoms, treatment, and monitoring of diabetes is designed for school personnel **indirectly** involved with student(s) with diabetes. School personnel that may be included are office staff, coaches, bus drivers, custodians, cooks, teaching staff, para-educators, and others.
- Intensive training in symptoms, treatment, and monitoring of diabetes is designed for school personnel **directly** involved with the student(s) with diabetes. This training may include teacher(s), coaches, a parent-designated adult who is or is not a school employee, and others who are appropriate for the training. The IHP will direct both the content to be included and the personnel.
- Optimally, training will be done prior to the first day of school each school year.

Additional training of staff may need to occur during the school year (new diagnosis, transfer student, when changes in treatment occur).

#### Parent Designated Adult (PDA)

Parents of a student with diabetes may designate an adult to provide care for their student consistent with the student's individualized health care plan.

PDA's who are school employees **are** required to receive the general training in symptoms, treatment, and monitoring of diabetes provided by the School Nurse (Appendix G, when available).

PDA's who **are not** school employees must show evidence of training in symptoms, treatment, and monitoring of diabetes that is comparable to what the district provides. It is recommended that PDA's who are **not** school district employees participate in the school district training for school personnel **directly** involved with student(s) with diabetes.

**All** PDA's must receive additional training from a health care professional or expert in diabetes care, selected by the parent, for the additional care the parents have authorized the parent-designated adult to provide, which is included in the Individualized Health Plan (IHP).

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