

TYPE ONE DIABETES ACTION PLAN 2025

Insulin Pump

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.

SCHOOL SETTING

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

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 still less than or equal to 3.9 mmol/L **Repeat Step 1**

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

Step 3 Return to normal activities no follow up long acting carbohydrate is required
See Management Plan

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

Check Blood ketones. Blood ketones greater than or equal to 1.0 mmol/L requires immediate treatment (contact parent/cargiver)

Blood Ketones less than 1.0mmol/L

- Deliver correction insulin dose via pump/phone bolus calculator
- Encourage water and return to activity
- Extra toilet visits may be required
- If GL is high and student is hungry, they can still eat carbohydrate with insulin via pump
- Extra activity is NOT required as a method of treatment for high GLs
- Re-check BGL in 2 hours

Blood Ketones greater than or equal to 1.0mmol/L

POTENTIAL SITE FAILURE

- Contact Parent/Caregiver for further advice
- Will need injected insulin via pen and set change
- This is the parent/caregiver responsibility or student (if they have the required insulin pump skills).

If unable to contact caregiver

SEEK MEDICAL ADVICE

BGL
<15.0mmol/L and ketones less than <1.0mmol/L,
No further action required

BGL still
>15.0mmol/L
POTENTIAL SITE FAILURE
Check ketones

IF UNWELL (E.G. VOMITING), OR KETONES > 1.0mmol/L CONTACT PARENT/CAREGIVER TO COLLECT STUDENT OR CALL AMBULANCE DIAL 111

Child's name:

Place photo of child here

Age:

DOB:

Date:

Centre name:

INSULIN

The insulin pump continuously delivers insulin. The pump will deliver insulin based on carbohydrate food entries and GLs.

If the insulin pump site falls out, a parent should be contacted immediately. If the CGM falls out or stops working, BGLs should be monitored via finger pricks and entered into the pump.

Pump button pushing (cross out those not applicable) with assistance/ with supervision/ independently

GL CHECKING TIMES

- Anytime, anywhere in the school
- Before morning tea and before lunch
- Anytime hypo is suspected
- Before planned activity/ physical education/sport
- Before exams or tests

See Management plan

PHYSICAL ACTIVITY

- Turn on 60 - 90 minutes prior to activity (Cross-out if N/A):
"Exercise activity" / "Ease-off" / "Temp target" / "Temp basal" / "Profile"
- Vigorous activity should **NOT** be undertaken if BGL ≥ 15.0 **AND** blood ketones are ≥ 1.0 **AND/OR** student is unwell

Parent/Carer's name:

Contact phone:

Treating medical team:

Contact phone: