

# TYPE 2 DIABETES ACTION PLAN: 2026

## Medication (Not 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 diabetes<sup>1</sup>.

The student is on a medication that **DOES NOT CAUSE** Hypoglycaemia (Hypo/Low Glucose Levels)

If a student's Glucose Level is less than or equal to <3.9 mmol/L they **DO NOT** require treatment or hypo food.

### HIGH Hyperglycaemia (Hyper)

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

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

*Note: Symptoms may not always be obvious*

### STUDENT WELL

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

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

**CALL PARENT/CARER FOR ADVICE**

### STUDENT UNWELL

e.g. Vomiting  
Contact parent/carer 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:

Medication to be given at school (name, dose, time):

### GL CHECKING TIMES

- Not required at school ☐

**OR**

- Required at school ☐

Frequency: