

TYPE 1 DIABETES ACTION PLAN: 2026

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 plan should be reviewed every year.

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.

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

DO NOT LEAVE STUDENT ALONE
DO NOT DELAY TREATMENT

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

MILD

Student conscious
(Able to eat hypo food)

Step 1 Give fast acting Carbohydrate
e.g. glucose, juice drink or Mentos

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 activity no follow up long acting carbohydrate is required. If student chooses to eat, bolus insulin.
See Management Plan

SEVERE

Student drowsy / unconscious
(Risk of choking / unable to swallow)

- First aid DRSABCD
- Do not try to get student to drink or eat
- Stay with unconscious student
- Administer Glucagon if available

CALL AN AMBULANCE DIAL 111

Contact parent / carer when safe to do so.

Blood Ketones less than 1.0

- Deliver correction dose via pump or phone app
- Encourage water and return to usual 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 a treatment for high GLs
- Re-check BGL in 2 hours

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

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
- A site change is the responsibility of the parent/caregiver or student (if they have the required skills).

If unable to contact parent/carer

SEEK MEDICAL ADVICE

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

Student's name:

Age:

DOB:

Date:

School name:

Place photo of student here

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.

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
- Before exams or tests

[See Management plan](#)

PHYSICAL ACTIVITY

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

Parent/Carer's name:

Contact phone:

Other Parent/Carer's name:

Contact phone:

Treating medical team:

Contact phone: