

TYPE 1 DIABETES ACTION PLAN: 2026

Multiple Daily Injections

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.

Note: Symptoms may not always be obvious

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

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 < 3.9 mmol/L
Repeat Step 1

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

Step 3 Give 10g long acting carbohydrate, if next meal/snack is more than 20mins away.

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.

INSULIN MAY BE REQUIRED

Refer to Management Plan

Correction Factor 1: ____ mmol/L

Frequency of corrections: _____

STUDENT WELL

Recheck BGL in 2 hours

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
- Extra activity is NOT required as a method of a treatment for high glucose levels
- **Check ketones if BGL still > 15mmol/L after 2 hours**

BGL still ≥ 15.0mmol/L and ketones less than 1.0mmol/L

CALL PARENT/CARER FOR ADVICE

BGL still ≥ 15.0mmol/L and ketones greater than or equal to 1.0mmol/L

CALL PARENT/CARER FOR ADVICE

STUDENT UNWELL

e.g. Vomiting
Check blood ketones (if able)

If Ketones greater than or equal to 1.0mmol/L

CONTACT PARENT/CARER TO COLLECT STUDENT ASAP

If unable to contact parent/carers
SEEK MEDICAL ADVICE

Other notes:

Student's name:

Place photo of student here

Age:

DOB:

Date:

School name:

INSULIN

Carb Ratio (morning tea)	Carb Ratio (lunch)	Person responsible for giving insulin
If not carb counting give Set dose: _____ units with correction		Person responsible for calculating insulin dose

Student is able to inject insulin (cross out if not applicable)
with assistance / with supervision / independently

BGL CHECKING TIMES

- Anytime and anywhere at school
- Cross out not applicable
- Before morning tea
- Before lunch
- Before activity and exercise
- Before exams and tests

PHYSICAL ACTIVITY

- Consider giving long-acting carbohydrate food before every 30 mins of planned activity
- Vigorous activity should NOT be undertaken if student is unwell AND/OR blood ketones are ≥ 1.0
- Playtime does not usually require additional carb

Parent/Carer's name:

Contact phone:

Other Parent/Carer's name:

Contact phone:

Treating medical team:

Contact phone: