TYPE 2 DIABETES ACTION PLAN: 2027

Medication (Not Insulin 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 diabetes[1].

Use in conjunction with Diabetes Management Plan.
This plan should be reviewed every year.

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)

Blood 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:

GL CHECKING TIMES

- Not required at school ☐

OR

- Required at school ☐

Frequency:

CYHNCN
Child & Youth Health National Clinical Network

[1]Te Kaiwhakahaere Māori te Roopu mate huka Debbie Rawiri-Te Whatu Ora Waitaha Canterbury