

Placer Union High School District
Pupil Services – Nursing
13000 New Airport Rd.
Auburn, CA 95603
Tel: (530)886-4421
Fax:(530) 886-4439

INDIVIDUALIZED HEALTH CARE PLAN TYPE II DIABETES ON MEDICATION OR INSULIN

Date:
SY:
Site:
Grade:
DOB:
Age:

Last Name: _____ First Name: _____
Emergency Contact: SEE SCHOOL DATABASE.

- See Student Emergency Card for additional emergency contact.
- Teacher/Advisor/Coach to copy and carry for all off-campus/after-hours activities.
- Students with Special Health Needs are allowed to participate in all field trips and sports unless indicated:
- Consult with School Nurse for student-specific questions. nurse@puhsd.k12.ca.us

HEALTH HISTORY: Once thought to be a disease of the middle age adult, it is now being seen in teenagers at an alarming rate due to obesity. Treatment consists of pills, although, when these become ineffective insulin may be used, dietary changes and consistent physical activity.

CURRENT MEDICATIONS:
Glucagon order: ~~Yes~~ ~~No~~ ~~CA~~ ~~^~~ ~~•~~ ~~•~~ ~~•~~ Location:

All students requiring medications at school must have a completed Medication Administration Form completed by the Medical Provider on file in the office.

FOR SIGNS LOW BLOOD SUGAR

Headache, tremors, cold sweat, hunger, irritability, nervousness, pale skin, confusion, drowsiness, weakness or fatigue, dizziness, tingling lips, poor coordination, inability to concentrate, slurred speech, combativeness, uncooperativeness, convulsions, unconsciousness.

Critical for student to have intake of high sugar juice or food before going unconscious.

Student may have rescue food in backpack.

Student can return to the classroom when:

FOR SIGNS OF HIGH BLOOD SUGAR

Increased urination, increased thirst, blurred vision, increased hunger, fruity breath, vomiting, stomach pain, weakness, sleepiness, difficulty breathing, coma.

***** If on insulin, student to take to decrease blood sugar per MD orders *****

- Contact parent/caregiver if blood sugar persists below 70 or above 400.
- Student is allowed to go to the bathroom or water fountain as needed or carry a water bottle.
- Student is allowed to have a snack and time to finish it or if needed, eat in class.
- Student will carry a diabetes emergency kit while at school and school events (hard candy, juice, frosting, glucose tablets and complex carbohydrates).
- If the student complains of feeling low or if behavior indicates student may be experiencing low blood sugar, student will be asked to test blood sugar. Student will be allowed to test in the classroom. If student is low, the low blood sugar plan will be followed.
- If student is sent to the office to rest following a low blood sugar episode, student must be accompanied. Student with blood sugar of 70 or greater will be allowed to return to class.
- Call parent/guardian if unable to return to class.

***** CALL 911 IF STUDENT IS UNCONSCIOUS OR HAS ONSET OF SEIZURES. THIS IS A MEDICAL EMERGENCY. *****

Blood glucose monitor and lancets will be kept with the student. All lancets will be immediately placed in a "sharps" container.