

Supporting Students with Diabetes

The School Nurse Role

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I, Katherine Park, disclose the absence of personal financial relationships with commercial interests relevant to this educational activity within the past 12 months.

The purpose of this presentation is to assist school nurses during the complex process of managing type 1 diabetes.

This will help support student learning by promoting safe and effective diabetes management for students at school.

My Background: Beginnings

- Personal interest in diabetes
- Experience working with students with type 1 diabetes (Pre-K through 12th grade) for past 18 years
- Great diversity and complexity – hard to achieve a perfect plan of care with diabetes
- Master's degree focus
- Current doctoral degree focus
- Continually working to address this topic district-wide, with a focus on elementary-age students

Why is having a plan so important?





- Diabetes management is 24/7 and does not go away while a child attends school

- More than 15,000 youth under age 20 are newly diagnosed each year in the U.S. with type 1 diabetes
- Poor diabetes control in youth is linked to increased health complications (kidney, neurological, etc.)





- Outdated school policies, lack of school cooperation, lack of qualified nursing staff, and poorly trained school staff contribute to the daily difficulties youth encounter while trying to manage their diabetes care at school
- Medical care providers don't always address school-specific issues on orders



Results of not having a plan...

- Dangerous hypoglycemic episodes at school
- Poor parent confidence in school's ability to manage care for their children with diabetes
- Lack of consistency in care across health care and educational settings



School Nurse Responsibilities

- Due to the clinical knowledge required, **school nurses must take ultimate responsibility** for implementing a program for diabetes management at school
- **Program should include** meeting with parents; assessing student skills; educating staff; communicating with PCP; and utilization of outside resources/agencies
- **Promote a culture** of diabetes education, awareness, and sensitivity within the school climate
- **Be knowledgeable about federal, state, and local laws and regulations** that pertain to managing diabetes at school

School Nurse Should...

- Inform building principal, set schedule for an immediate briefing of all building staff on signs/symptoms of diabetes, if this has not been done recently
- Organize in-depth, student-specific briefing for staff who will work directly with student
- Meet with classroom teacher to discuss student's needs
- Bus drivers should be included in briefing, if student will be using transportation services

School Staff Responsibilities



Although school staff will likely not be responsible for performing daily diabetes care tasks, he or she should have a basic understanding of diabetes and should be able to make decisions based on that understanding:

- What to do for blood sugar highs/lows
- How diabetes can affect a student's ability to learn
- Why accommodations are needed for diabetes, such as access to drinking water, bathroom privileges, and unplanned snacks

Training Non-medical Staff: An Overview



American Diabetes Association



Safe at School Campaign begun in 2006, supports training of non-medical staff and believes:

- **All children with diabetes** deserve to feel safe at school
- **All school staff members** should receive training that provides a basic understanding of diabetes
- **A small group of school staff members** should receive training in student-specific routine and emergency care

Steps for an Effective TDP Training Program

1. Gain approval/support for training program
2. Solicit volunteers (minimum 1-2 if full-time nurse; 3 or more if no full-time nurse)
3. Obtain training equipment
4. Conduct training of volunteers
5. Provide volunteers with informational binder/handouts/completion certificate
6. Document training
7. Provide information for buildings
8. Periodic review/skills practice/train new volunteers as needed

Gain Approval/Support for Training Program

- Discussions with health services director/district superintendent
- Meetings with representatives from the ADA
- Surveys sent out to nurses/nurse assistants/sub nurses to assess for knowledge gaps and readiness for a training program within the district
- Presentations to district nurses, school board

Solicit Volunteers



- With proper supervision and training, and where state laws do not prohibit it, non-medical personnel can be trained as TDP
- Trained diabetes personnel may include school staff secretaries, teachers, principals, health aides, licensed practical nurses, etc.
- If a school has a nurse, the nurse will continue to take the lead in providing diabetes care (both routine and emergency)
- Nurse should retain the right to deny training to anyone who does not willingly want to be trained



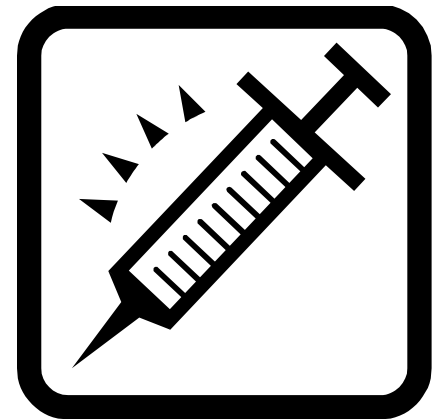
Obtain Training Equipment



- ADA training modules (CD/DVD) should be obtained
- It is recommended that trainers utilize hands-on equipment that correspond to the modules (i.e. glucagon trainers, syringes, glucose meters, etc.)
- Practice supplies may be available through a variety of venues, including school districts, school health services departments, Missouri Department of Health and Senior Services, the American Diabetes Association, local area hospitals, pharmaceutical companies, and private donations

Conduct Training: Module Topics

- Diabetes Basics
- Diabetes Medical Management Plan
- Hypoglycemia
- Hyperglycemia
- Blood Glucose Monitoring
- Glucagon Administration
- Insulin Basics
- Insulin by Syringe and Vial
- Insulin by Pen
- Insulin by Pump
- Ketones
- Nutrition and Physical Activity
- Legal Considerations



Recommended Training Guideline

Full-time school nurse available:

It is recommended that 2-hour (at minimum) training sessions per building be done with up to four volunteer TDP at one time

Training topics:

Diabetes Basics; Glucagon; Insulin by Syringe/Vial; Hypoglycemia; Insulin by Pump; Blood Glucose Monitoring

Recommended Training Guideline

Full-time school nurse not available:

It is recommended that 3-4 hour (at minimum) training sessions per building be done with up to four volunteer TDP at one time

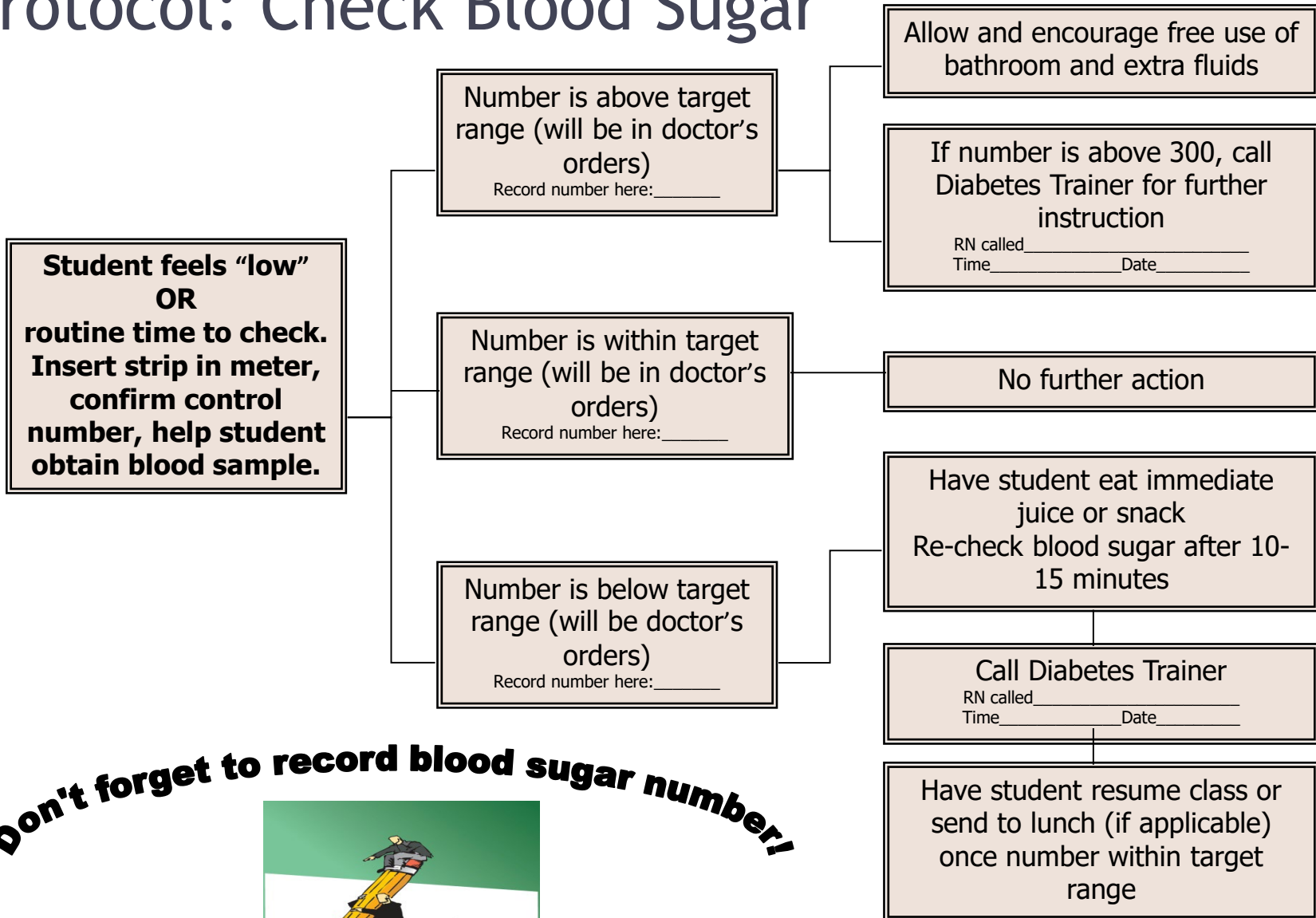
All 13 of the training modules and corresponding videos should be used

Provide Information to TDPs

- Training binders containing copies of PowerPoint handouts should be distributed
- Completion certificate and documentation of training
- List of phone numbers of trainer and nurse(s) to call for guidance
- Student-specific information
- Protocols



Protocol: Check Blood Sugar



Don't forget to record blood sugar number!



Document Training

- **Document, document, document!** This is the number one most essential component to the delegation process
- A staff training form should be completed and signed by the school nurse to document training

Provide Information for Buildings

Provide appropriate buildings that have TDP with a certificate to be prominently displayed in a visible place, recognizing those staff which have been trained in diabetes care tasks in that building.



Periodic Review/Skills Practice/Train New Volunteers

- Nurse should work with district officials to determine an appropriate way to conduct on-going and annual training
- Skills practice/Giving Diabetes Care weeks may be considered as an effective way to reinforce learned skills





- In some situations, it may be beneficial to invite a diabetes educator or PCP to visit student's school
- In-person PCP visit may be necessary to train school nurse on intricate or cutting-edge pumps, equipment, or procedures

Training Non-Medical Staff



