



Diabetes Health Care Plan

Student's Name: _____ **Date of Birth:** _____ **Grade:** _____

Effective Dates: _____

To be completed by parents and the student's health care team. This document should be reviewed with necessary school staff and kept with the student's school records and where easily accessible by staff in emergencies.

1. CONTACT INFORMATION:

a. Parent/Guardian #1: Name:	_____		
Address:	_____		
Telephone: Home:	Work:	Cell:	
_____	_____	_____	
b. Parent/Guardian #2: Name:	_____		
Address:	_____		
Telephone: Home:	Work:	Cell:	
_____	_____	_____	
c. Student's Health Care Providers: Doctor:	_____		
Address:	_____		
Telephone number:	_____		
d. Other Emergency Contact:	_____		
Name:	Relationship:	_____	
Telephone: Home:	Work:	Cell:	
_____	_____	_____	
e. Notify parent/guardian or emergency contact in the following situations:	_____		

2. BLOOD GLUCOSE MONITORING

a. Target range for blood glucose is _____ mg/dl to _____ mg/dl.
b. Usual times to test blood glucose: _____
c. Times to do extra blood glucose test (check all that apply)
_____ Before Exercise
_____ After Exercise
_____ When student exhibits symptoms of hyperglycemia
_____ When student exhibits symptoms of hypoglycemia
_____ Other (explain): _____
d. Can student perform own blood glucose test? _____ Yes _____ No
Exceptions: _____
e. Type of blood glucose meter student uses: _____

3. INSULIN

a. Can student give own injections?	_____ Yes	_____ No
b. Can student determine correct amount of insulin?	_____ Yes	_____ No
c. Can student draw correct dose of insulin?	_____ Yes	_____ No
d. Types, times and dosages of insulin injections to be given during school:	_____	
<u>Time</u>	<u>Type(s)</u>	<u>Dosage</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____

4. FOR STUDENTS WITH INSULIN PUMPS

a. Type of pump: _____ Basal rates: _____
 b. Insulin/carbohydrate ratio: _____ Correction factor: _____
 c. Is student competent regarding pump? Yes _____ No _____
 d. Can student effectively troubleshoot problems (e.g., ketosis, pump malfunction)? Yes _____ No _____
 e. Comments: _____

5. MEALS AND SNACKS EATEN AT SCHOOL

a. Insulin to Carbohydrate Ratio _____
 b.

<u>Meal/snack</u>	<u>Time</u>	<u>Food content/ amount</u>
Breakfast	_____	_____
Mid-morning snack	_____	_____
Lunch	_____	_____
Mid-afternoon snack	_____	_____
Dinner	_____	_____

c. Snack before exercise? Yes _____ No _____
 d. Snack after exercise? Yes _____ No _____
 e. Other times to give snacks and content/amount: _____
 f. A source of glucose such as _____ should be readily available at all times.
 g. Preferred snack foods: _____
 h. Foods to avoid, if any: _____
 i. Instructions for when food is provided to the class, e.g., as part of a class party or food sampling: _____
 j. Instructions for what snacks/food to be eaten and when, during shortened school days: _____

6. EXERCISE AND SPORTS

a. A snack such as _____ should be available at the site of exercise or sports.
 b. Restrictions on activity, if any: _____
 c. Student should not exercise if their blood glucose level is below mg/dl _____ or above _____ mg/dl.

7. HYPOGLYCEMIA (Low Blood Sugar)

a. Usual symptoms of hypoglycemia: _____
 b. Treatment of hypoglycemia: _____

**Glucagon should be given if the student is unconscious, having a seizure (convulsion), or unable to swallow. If glucagon is required, it should be administered promptly. Then, 911 (or other emergency assistance) and the parents should be called*

8. HYPERGLYCEMIA (High Blood Sugar)

a. Usual symptoms of hyperglycemia: _____
 b. Treatment of hyperglycemia: _____
 c. Circumstances when urine ketones should be tested _____
 d. Treatment for ketones: _____

9. SUPPLIES AND PERSONNEL

a. Where are supplies for testing blood glucose levels kept?	_____
b. Where are supplies for administering insulin kept?	_____
c. Where are supplies for testing ketones kept?	_____
d. Where is glucagon kept?	_____
e. Where are supplies of snack foods kept?	_____
f. School personnel trained in the symptoms and treatment of high and low blood sugar...	_____ dates of training
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
6.	_____

SIGNATURES

This Health Plan has been reviewed by:

Student's Health Care Provider

Date

Acknowledged and received by:

Student's Parent(s) or Guardian(s)

Date

Acknowledged and received by:

School Representative

Date



90 Whippany Rd, Whippany, NJ, 07981

Health Office

Phone: 973-888-2083

MEDICATION PROTOCOL

Medication will be given in school only when a pupil's health and continuing attendance in school requires it and it is administered in accordance with the medication policy. No student is to carry medication to and from school. If it is necessary that medication be taken during school hours, the following is required:

1. All medication, prescription and over the counter, must be accompanied by a written request from a physician. These orders must include the diagnosis or type of illness, name of drug, dosage, time of administration, length of time for which it is required, and side effects of medication. Written orders must be renewed on an annual basis at the beginning of each school year.
2. A Mandatory Medication Form, Asthma Action Plan and/or Allergy Emergency Treatment form must be completed by the primary care provider and signed by parent/guardian.
3. Medication is to be in the correct prescription bottle, labeled with the name of the child, current dosage, date of prescription, and name of prescribing primary care provider
4. Parents must bring all medications to the Health Office. Students should never carry medication to school unless the doctor specifically orders that the student may carry and self-administer emergency epinephrine or inhaler.
5. Self-administration of medication for asthma or other potentially life-threatening illnesses require additional doctor and parent signatures on the form.
6. Non Prescription medications (i.e. Ibuprofen, Tylenol) may only be administered when a Mandatory Medication Form is completed by the primary care provider and signed by a parent. These medications must come in the original container.
7. According to NJ Law, school nurses cannot administer alternative remedies such as herbal medications and essential oils.
8. No parent's or primary care provider's phone instructions can be accepted.
9. Parents must pick up the medication from the Nurse in June on the last day of school. No medications will be sent home with a student. Medications will be properly disposed of if parents do not pick up the medication on the last day of school.

**PERMISSION TO SHARE INFORMATION
2022-2023**

As you are aware, everyday each of our students has contact with a variety of staff members; teachers, bus drivers, therapists, assistants, cafeteria workers, and student interns. While your child is in the care of these people, it is important that they are aware of any information that would require special considerations for his or her health and safety.

To comply with privacy laws, I am requesting your permission to share personal information about your child. This would consist of only that information deemed necessary to protect the well-being of your child. Examples of information that could be shared about your child may include; known allergies, special diets or food restriction, and a history of seizures. This may be done in the form of a printed list or verbal contact with those people who will be working closely with your child. If you have specific questions regarding your child, please call me at school. As always, please feel comfortable knowing that any information you do not want shared with anyone will be kept confidential. Thank you.

PLEASE COMPLETE, SIGN BELOW AND RETURN THIS FORM TO YOUR CHILD'S SCHOOL

Child's Name: _____

_____ **Yes, I give permission for personal information about my child to be shared with other staff members if it will protect his/her health and safety.**

_____ **No, I do not give permission for personal information about my child to be shared with other staff members if it will protect his/her health and safety.**

Parent/Guardian Signature

Date

2022-2023 MANDATORY MEDICATION FORM

ALL MEDICATION (prescription and OTC, including Tylenol and Advil) must be accompanied by written permission from BOTH the PARENT and PHYSICIAN.

- **Prescription medication** must be delivered to the nurse by the parent in the original container, labeled with the student's name, medication, dosage and physician's name.
- **OTC medication** must be delivered to school by the parent in the original sealed container and labeled with the student's name.
- **Written permission** of the student's physician and parent/guardian are required, including the student's name, purpose of the medication, the time (or circumstance) at which the medication should be administered, and the length of time for which the medication is prescribed.

Only those medications which are medically necessary during school hours for a student's wellbeing should be sent to school.

NOTE: THE FIRST DOSE OF ANY MEDICATION MAY NOT BE GIVEN AT SCHOOL.

.....
NAME OF STUDENT _____ DOB _____

NAME OF MEDICATION _____

DOSAGE _____

TIME TO BE GIVEN _____

REASON FOR MEDICATION _____

MEDICATION TO BE GIVEN FROM _____ TO _____
DATE DATE

HOW IT IS TAKEN _____
EXAMPLE: BY MOUTH, INHALER, WITH FOOD, CRUSHED, ETC.

ADDITIONAL COMMENTS _____

PARENT SIGNATURE/DATE

PHYSICIAN SIGNATURE/DATE

TELEPHONE NUMBER

TELEPHONE NUMBER

ADDITIONAL MEDICATIONS

NAME OF STUDENT _____ DOB _____

NAME OF MEDICATION _____

DOSAGE _____

TIME TO BE GIVEN _____

REASON FOR MEDICATION _____

MEDICATION TO BE GIVEN FROM _____ TO _____
DATE DATE

HOW IT IS TAKEN _____
EXAMPLE: BY MOUTH, INHALER, WITH FOOD, CRUSHED, ETC.

ADDITIONAL COMMENTS _____

NAME OF STUDENT _____ DOB _____

NAME OF MEDICATION _____

DOSAGE _____

TIME TO BE GIVEN _____

REASON FOR MEDICATION _____

MEDICATION TO BE GIVEN FROM _____ TO _____
DATE DATE

HOW IT IS TAKEN _____
EXAMPLE: BY MOUTH, INHALER, WITH FOOD, CRUSHED, ETC.

ADDITIONAL COMMENTS _____

PARENT SIGNATURE/DATE

PHYSICIAN SIGNATURE/DATE

TELEPHONE NUMBER

TELEPHONE NUMBER

Diabetes Supply Sheet

Month: _____

Dear Parents/Guardian:

Your child needs the following supplies. Please send in the marked supplies on the first day of school. Please remember to check the expiration dates on all supplies.

SNACKS:

Fast Acting

- Juices
- Glucose Tablets
- Glucose Gel/Icing
- Other _____

Complex Snacks

- Cheese Cracker
- Other _____

INSULIN SUPPLIES:

- Pen Needles
- Syringes
- Insulin Bottle
- Insulin Pen
- Ketone Strips
- Alcohol Wipes

GLUCOMETER SUPPLIES:

- Glucometer
- Glucose Test Strips
- Lancets
- Batteries

GLUCAGON:

Expires on: _____

Please bring all supplies to the Health Office

**2022-2023 PHYSICIAN/PARENT CERTIFICATION FOR
STUDENT'S SELF-ADMINISTRATION OF MEDICATION**

CERTIFICATION TO BE COMPLETED BY PHYSICIAN

STUDENT NAME: _____

DIAGNOSIS: _____

NAME OF MEDICATION: _____

DOSAGE: _____

TIME AND CIRCUMSTANCES OF ADMINISTRATION: _____

POSSIBLE SIDE EFFECTS: _____

I certify that _____ has a potentially life threatening illness
(Student)
which requires the use of _____. I further certify that
(Medication)
_____ is capable and has been instructed in the proper method of
(Student)
self-administration of _____.
(Medication)

Signature of Physician _____ Date

PHYSICIAN NAME: _____ TELEPHONE #: _____

CERTIFICATION TO BE COMPLETED BY PARENT

I hereby authorize my son/daughter _____ to self-administer (Name
of Medication) _____ in accordance with special guidelines.

I acknowledge that the school shall incur no liability as a result of any injury arising from the self-
administration of medication by (student name) _____.

I shall indemnify and hold harmless the school, its employees and agents against any and all claims arising
out of the self-administration of (medication) _____ by
(student name) _____.

Parent/Guardian Signature _____ Date

SELF-ADMINISTRATION OF MEDICATION IN SCHOOL

Under N.J.S.A. 18A:40-12.3, self-administration of medication by a pupil for asthma or other potentially
life threatening illness is allowed under guidelines established by the school and provided that the statutory
requirements set forth in this form are complied with.

Any permission for the self-administration of medication is effective for this school year only.

N.J.S.A. 18A:40-12.3 PROVIDES THAT THE SCHOOL SHALL INCUR NO LIABILITY AS A
RESULT OF ANY INJURY ARISING FROM THE SELF-ADMINISTRATION OF MEDICATION BY
A STUDENT.