

Rural Support Service - Diabetes Service Paediatric Diabetes and DECD Pathway

Referral to RLHN Diabetes Service (by specialist team)

Referral should include

- > Contact details
- > Insulin regimen
- > Psychosocial issues
- > Equipment provided
- > Copy of school care plan



Step 1: Phone parents

Discuss

- > Your local role (if new to your service).
- > Organise an appointment time with parent/child.
- > Ask parents to contact the school/child care centre to set up a meeting time.
- > Advise parents that it may be beneficial for their child to attend the meeting with the school.



Step 2: Initial meeting with parents (may be scheduled immediately before school meeting)

- > Discuss child's DECD Care Plan, Medication Authority and First Aid Guides. Ensure any changes are dated and signed.
- > Identify any educational issues that require follow up.
- > Explain responsibilities of the school/child care centre staff.
- > Discuss parental responsibilities (eg provide emergency contacts, any changes/updates to care plan / first aid guides / medication authority, equipment (eg blood glucose / ketone monitoring, continuous glucose monitoring / insulin administration devices, hypo kits)).
- > Identify child's capacity to participate and take responsibility for aspects of self-management.



Step 3: School meeting

Discuss with principal/class teacher/SSO/parent/child;

- > DECD Care Plan, Medication Authority and First Aid Guides.
- > Parental responsibilities and child's capacity to participate and take responsibility for aspects of self-management.
- > Location of equipment to be provided (eg blood glucose / ketone monitoring, continuous glucose monitoring / insulin administration devices, hypo kits).
- > Supervision required for blood glucose / ketone monitoring, continuous glucose monitoring / insulin administration and where this will take place.
- > Supervision of meals and snacks and assistance with insulin dose calculations.
- > Supervision of physical activity and additional planning for excursions/camps/ activities.



Step 4: Follow up and maintenance

- > Follow up (either phone or in person) with parent and school in 2-4 weeks (or as negotiated) to identify any care plan implementation issues or general concerns.
- > Communicate with specialist team re outcomes of parent and school visits via email or letter.



Contact family at least annually to provide local support and review/update Diabetes Care Plan, Medication Authority and First Aid Guides as required.

Guiding document and checklist

Step 1: Phone parents

Initial phone contact provides an opportunity to explain the CDE/DE role in supporting a smooth transition back to school or children's service.

Step 2: Initial meeting with parents

- > Localise and individualise the DECD Diabetes Care Plan, Medication Authority and First Aid Guides with parents/carers. Ensure any additions are dated and signed.
- > Identify any educational issues that require follow up.

Step 3: First meeting with school (principal/class teacher/SSO/parent)

Provide an overview of type of diabetes as needed, the psychological impact and basic management principles. Use the Caring for Diabetes Text, DECD resources and DVD from the Diabetes SA school pack to support the discussion as needed.

Explain that children with both type 1 and type 2 diabetes need:

- > Emergency treatment, supervision and support in the event of a low blood glucose level.
- > Unrestricted access to emergency treatment for low blood glucose.
- > To eat meals (carbohydrate exchanges) and snacks on time.
- > To eat carbohydrate snacks at additional times if involved in vigorous physical activity for more than 30 minutes.
- > Unrestricted toilet privileges and access to drinking water.
- > Additional planning with parents to accommodate changes in school routine (eg excursions, camps and other activities).
- > Extra supervision if blood glucose is elevated.
- > Support, encouragement and privacy (if requested) when blood glucose / ketone monitoring, continuous glucose monitoring and administering insulin (eg insulin syringe/insulin pen/insulin pump).

Discuss the DECD Diabetes Care Plan, Medication Authority and First Aid Guides;

- > hypo/hyper management - hypo kit.
- > blood glucose / ketone / continuous glucose monitoring (what supervision and location).
- > insulin storage / administration (what supervision and location).
- > meals and snacks (what supervision and assistance with insulin dose calculations).
- > physical activity (what specific instructions for additional carbohydrate / insulin alteration).
- > additional plans for excursions / camps / other activities (eg swimming lessons).

Encourage the school and parents to use a communication book or diary.

Check

- Does the school have a copy of the book titled *Diabetes Australia: Mastering Diabetes in Pre School and Schools*?
- Does the school have a copy of the book titled *Diabetes SA: Fitting in with your life*.

If no, order copies from the Diabetes SA website. Please see link below.

<http://www.diabetessa.com.au/health-professionals/order-resources.html>

Step 4: Follow up and maintenance

Follow up (either phone or in person) with parent and school in 2-4 weeks (or as negotiated) to identify any care plan implementation issues or general concerns. Annual contact is recommended.

If the school requests a general update for staff, please contact RLHN Diabetes Service (Ph: 8226 7168) for a copy of the Diabetes Management in Education and Children's Services PowerPoint.