

DIABETIC SUPPLY CHECKLIST EXPLAINED

Insulin:

- ❖ Check to see if the student has packed enough insulin for the week, basing your assessment on the maximum dosage the child would take if blood glucose readings were high all week (plus a little extra in case of spills, malfunctioning pen, etc.).
- ❖ If the child uses a pump, they should have the supplies for at least one pump site change and a back-up method of administration (pen or needles) in case the pump fails
- ❖ Check the expiration dates on all insulin; make sure the child's shadow knows if there are medications that need to be refrigerated.

Blood Glucose Test Kit:

- ❖ The child needs at least one blood glucose test meter and lancet for pricking. If the child has more than one, please send two (one for the child to carry and one for the shadow).
- ❖ Check for a minimum of 10 BG test strips for each day the child will be in attendance. Students tend to experience more low BG readings at Foothill Horizons (due to the active schedule and different menu). Students are also encouraged to check their BG during hikes and often use more test strips than they do at home or school.

Emergency Medications and Supplies:

- ❖ Check to make sure the child's glucagon kit has not expired. If the child has more than one, please send two (one for the child to carry at all times and one for the shadow).
- ❖ Check for fast-acting glucose gel or tabs.
- ❖ Students also need juice or some other form of easy, fast-acting sugars in case of severe lows. Most children also pack 4-5 snacks for every day they will be at Foothill Horizons. Our facility is nut-free (due to prevalent, severe allergies) so please make sure the child brings nut-free snacks.
- ❖ The child needs enough ketone test strips to last the week. Sometimes students with diabetes experience more high BG readings during their week of outdoor education and must check ketones regularly to make sure they are safe to stay and play.

Paperwork:

- ❖ Students with diabetes always attend with a Parent Shadow Designee or a school nurse who is responsible for the child's medication and care. For this reason, Foothill Horizons does not require a medication release form; however, please check to make sure the shadow (if less familiar with the child's care) or nurse is well equipped with the following:
 - ❖ A detailed 24 hour careplan that includes how to treat highs and lows, healthy BG #s for activity and bedtime, and accurate medication information.
 - ❖ Emergency contact numbers for guardians and a diabetic health care provider.
 - ❖ A completed Diabetes Parent Questionnaire

Further questions? Contact our Health Office: 209-532-6673 or blarsen@coa.edu.