

DIABETIC SUPPLY CHECKLIST EXPLAINED

Students Must Have:

Insulin:

1. Many diabetics have two kinds of insulin (fast acting and slow acting)
2. Check the care plan to make sure they have brought all kinds of insulin needed
3. Check to see that there is enough for the week, basing your assessment on the maximum dosage the child would take if blood sugar readings were high all week
4. Check expiration dates of all insulin

One or Two of the following methods of administering insulin:

1. Insulin pen, with a minimum of 15-20 replaceable needle tips for pen
2. A minimum of 15-20 hypodermic needles
3. Insulin pump, back up batteries and extra site change supplies

Blood Glucose test kit:

1. Blood glucose testing meter and lancet for pricking finger
2. A minimum of 30 test strips, you may have to check blood glucose every hour for many hours, this can use a lot of strips.
3. Zip lock bag for test strips used on trail

Correction Factor and Carb Ratio for Insulin dosages:

1. Is it clear what the correction factor is for the blood glucose at meal times? (i.e. 1 unit of insulin for every 50 blood glucose over 150)
2. Is it clear what the insulin to carb ratio is for meals? (i.e. 1 unit of insulin for every 10 carbs)
3. Some students estimate the amount of carbohydrates in meals or snacks to manage their blood glucose levels and estimate insulin dosages.

Emergency Mediation(s) and supplies:

1. Glucagon
2. Glucogel or Glucose Tabs
3. Ketone tester (blood or urine) and enough test strips for the week (10 or more)
4. Fast and long acting snacks and /or juice for the students to carry with him/her

Paperwork:

1. Med Release forms for all meds (if the care plan from the Dr. includes the medications, ketone test directions, etc. and is signed by the Dr. and parent, separate med. forms not needed.)
2. Diabetic health care provider phone number and Phone number of the regular doctor
3. Emergency numbers of parents (Make sure they are complete and working numbers)