

Did You Know...?

School-age children have unique health challenges with clinical relevance in the delivery of diabetes care and education.*



Diabetes and Children

For Health Care Professionals

School-age children experience barriers and challenges to diabetes education and access to adequate care and support...

- Insufficient number of school nurses, inadequately trained school staff or lack of awareness about diabetes and/or policy implementation regarding federal laws
- Lacking or outdated individualized diabetes care plans
 - Consideration of impact from growth and schedule changes (recess, physical education classes, school outings, participation in sports, etc.)
 - Identified trained emergency responders in each school (pre-school, elementary, middle, high)
 - Inconsistent use of 504 plans in schools
- Inadequate support for self-management behaviors related to: restroom privileges, performing self-monitoring of blood glucose (SMBG), eating snacks, accessing nutrition information on foods served at school, or administering insulin
- Potential emotional distress and embarrassment

Provide culturally sensitive, competent, person-centered care...

- ✓ Advocate for continued education and training of teachers and staff.
- ✓ Advocate for adequate staffing, support and training of and by school nurses.
- ✓ Support yearly or biannual meetings with the child, health care providers, school staff, and family to identify barriers and create an updated adherence plan.
- ✓ Identify an adult responsible for providing support and attending to ongoing needs at school.
- ✓ Anticipate poorer glucose control and adherence around puberty.
- ✓ Anticipate life transitions and work with preteens and teens to responsibly take on increased self-management.
- ✓ Provide adequate culturally sensitive support to parents to assist with their child's self-management at home and in planning for needs at school.
- ✓ Refer families to culturally appropriate community resources that can assist youth and families to obtain adequate health care, medication, and other social service needs.
- ✓ Adequately assess for and treat depression.
- ✓ Review with the child who they can go to for on-going support and possible diabetes needs at school.
- ✓ Counsel youth on how and when to share necessary information about diabetes with staff and peers.

References: Schwartz, F.L., Denham, S., Heh, V., Wapner, A., Shubrook, J. Experiences of Children and Adolescents With Type 1 Diabetes in School: Survey of Children, Parents, and Schools. *Diabetes Spectrum*, Volume 23, Number 1, 2010.

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Providing Statewide Leadership in Diabetes Support

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