Diabetes Medical Management Plan (DMMP)

This plan should be completed by the student's personal diabetes health care team, including the parents/guardians. It should be reviewed with relevant school staff and copies should be kept in a place that can be accessed easily by the school nurse, trained diabetes personnel, and other authorized personnel.

Date of plan:	This	plan is valid for the current school year: _	
Student information	on		
Student's name:		Date of birth:	
		☐ Type 1 ☐ Type 2 ☐ Other:	
		School phone number:	
		r:	
		Phone:	
Contact informatio	n		
Parent/guardian 1:		7	
		Cell:	
		Cell:	
Student's physician/health	care provider:		
		va signer	
		Emergency number:	
Other emergency contacts:			
Name:		Relationship:	
		Cell:	

Checking blood glucose				
Brand/model of blood glucose meter:				
Target range of blood glucose:				
Before meals: 90-130 mg/dL Other:				
Check blood glucose level:				
☐ Before breakfast ☐ After breakfast ☐ Hours after breakfast ☐ 2 hou	urs after a correction d	ose		
☐ Before lunch ☐ After lunch ☐ ☐ Hours after lunch ☐ Before	e dismissal			
☐ Mid-morning ☐ Before PE ☐ After PE ☐ Other	r:			
As needed for signs/symptoms of low or high blood glucose As ne	eded for signs/sympto	oms of illness		
Preferred site of testing: ☐ Side of fingertip ☐ Other: Note: The side of the fingertip should always be used to check blood glucose level if hypothesis.	oglycemia is suspected.			
Student's self-care blood glucose checking skills:				
☐ Independently checks own blood glucose				
May check blood glucose with supervision				
Requires a school nurse or trained diabetes personnel to check blood glucose				
Uses a smartphone or other monitoring technology to track blood glucose value	es			
Continuous glucose monitor (CGM): Yes No Brand/model:				
Alarms set for: Severe Low: Low: High:				
Predictive alarm: Low: High: Rate of change: L	ow:	High:		
Threshold suspend setting:				
Additional information for student with CGM				
 Confirm CGM results with a blood glucose meter check before taking action on t If the student has signs or symptoms of hypoglycemia, check fingertip blood glu- 				
 Insulin injections should be given at least three inches away from the CGM inse 		the Colvi.		
 Do not disconnect from the CGM for sports activities. 				
 If the adhesive is peeling, reinforce it with approved medical tape. 				
• If the CGM becomes dislodged, return everything to the parents/guardians. Do	not throw any part av	vay.		
 Refer to the manufacturer's instructions on how to use the student's device. 				
Student's Self-care CGM Skills	Indepe	endent?		
The student troubleshoots alarms and malfunctions.	Yes	□No		
The student knows what to do and is able to deal with a HIGH alarm.	☐ Yes	□No		
The student knows what to do and is able to deal with a LOW alarm.	☐ Yes	□No		
The student can calibrate the CGM.	☐ Yes	□No		
The student knows what to do when the CGM indicates a rapid trending rise or fall in the blood glucose level.	Yes	□No		
The student should be escorted to the nurse if the CGM alarm goes off: Yes	T No.			
The student should be escorted to the nurse if the CGM alarm goes off:	No			
Other instructions for the school fleatth team:	7			

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Hypoglycemia treatmen	t
Student's usual symptoms of hypog	glycemia (list below):
If exhibiting symptoms of hypoglycem product equal to grams of car	nia, OR if blood glucose level is less than mg/dL, give a quick-acting glucose bohydrate.
Recheck blood glucose in 15 minutes	and repeat treatment if blood glucose level is less than mg/dL.
Additional treatment:	
	nk, is unconscious or unresponsive, or is having seizure activity or convulsions
(jerking movement):	
• Position the student on his or her	
Give glucagon:	1 mg
• Route:	Subcutaneous (SC)
 Site for glucagon injection: 	Buttocks Arm Thigh Other:
	ices) and the student's parents/guardians.
 Contact the student's health care; 	provider.
	glycemia (list below):
• Check Urine Blood for I	ketones every hours when blood glucose levels are above mg/dL.
insulin (see correction dose orders	
 Notify parents/guardians if blood 	
	onal Information for Student with Insulin Pump.
Allow unrestricted access to the back of the back	
Additional treatment for ketones:	-containing drinks (not fruit juices): ounces per hour.
	orders. (See Physical Activity and Sports)
parents/guardians and health care prov	glycemia emergency, call 911 (Emergency Medical Services) and contact the student's rider. Symptoms of a hyperglycemia emergency include: dry mouth, extreme thirst, I pain, heavy breathing or shortness of breath, chest pain, increasing sleepiness
or retriargy, or depressed level of consci	Oustiess.
Insulin therapy	
nsulin delivery device:	Syringe Insulin pen Insulin pump
Type of insulin therapy at school: $\ \ \ \ \ $	Adjustable (basal-bolus) insulin 🔲 Fixed insulin therapy 🔲 No insulin
. 17.	Page 3 of 7 DMMAD

Insulin thera	apy (continued)								
Adjustable (Basal	-bolus) Insulin T	herapy							
 Carbohydrate 	e Coverage/Corr	ection Dose:	Name of i	insulin:					
 Carbohydrate 				-					
Insulin-to-c	arbohydrate ra	tio:			<i>Lunch:</i> 1 unit	t of insulin	per	grams of	carbohydrate
Breakfast: 1	unit of insulin per	grams	of carbohy	drate	Snack: 1 unit	of insulin	per	_grams of	carbohydrate
		Carbohy	drate Dose	e Calcula	ation Examp	ole			
	Total	Grams of Carb	ohydrate to	o Be Eate	en = U	nits of Ins	sulin		
	I	nsulin-to-Carl	bohydrate I	Ratio					
Correction dose:	Blood glucose co	orrection factor	(insulin sen	nsitivity fa	ctor) =	Targe	et blood gl	ucose =	mg/dL
		Correc	tion Dose (Calculati	on Example				
	Current	Blood Glucose	– Target Bl	lood Glu	cose =	Units of	Insulin		
		Correcti	on Factor						
Correction dose so	cale (use instead	of calculation a	above to de	etermine	insulin corre	ction dos	e):		
Blood glucose								L. aive	units
Blood glucose									
See the worksheet of for instructions on h	examples in Adva	nced Insulin	Manageme	ent: Usir	ng Insulin-to	-Carb Ra	tios and (Correction	Factors
When to give insu			J					orrection	actor.
Breakfast									
Carbohydrate co	werage only								
Carbohydrate co	200 1.70	ection dose wh	nen blood g	glucose is	greater than	n	mg/dL and	d hou	urs since last
Other:									
Lunch									
Carbohydrate co	verage only								
Carbohydrate co insulin dose.	verage plus corre	ection dose wh	nen blood g	glucose is	greater thar	ì	mg/dL and	d hou	urs since last
Other:									
Snack									
No coverage for	snack								
Carbohydrate co	verage only								
Carbohydrate co insulin dose.	verage plus corre	ction dose wh	ien blood g	llucose is	greater than	1	mg/dL and	dhou	ırs since last
Correction dose		ucose greater	than	mg/dl	_ AND at leas	st ho	ours since l	ast insulin	dose.



Insulin the	erapy (continued)					
Fixed Insulin Th	nerapy Name of insulir	n:				
Units	s of insulin given pre-bre	akfast daily				
Units	s of insulin given pre-lund	ch daily				
Units	s of insulin given pre-sna	ck daily				
Other:	-					
Parents/Guardi	ans Authorization to A	djust Insulin Dose				
Yes No	Yes 🔲 No Parents/guardians authorization should be obtained before administering a correction dose.					
Yes No	Yes No Parents/guardians are authorized to increase or decrease correction dose scale within the following range: +/ units of insulin.					
Yes No	Parents/guardians are a	authorized to increase	or decrease insulin-to	o-carbohydrate ratio	within the following	
	range: units pe	er prescribed grams of o	carbohydrate, +/	grams of carbo	ohydrate.	
Yes No	Parents/guardians are a	authorized to increase (sulin.	or decrease fixed ins	ulin dose within the	following range:	
Student's self-c	are insulin administrat	ion skills:				
☐ Independent	ly calculates and gives ov	wn injections.				
☐ May calculate	e/give own injections wit	h supervision.				
Requires scho	ool nurse or trained diabe	etes personnel to calcu	ılate dose and stude	nt can give own injed	ction with supervision.	
Requires scho	ool nurse or trained diabe	etes personnel to calcu	llate dose and give th	ne injection.		
	information for	student with i	nsulin pump			
Additional	information for		_	mp:		
Additional Brand/model of			Type of insulin in pu			
Additional Brand/model of	information for pump:		Type of insulin in pu	Basal rate:		
Additional Brand/model of	information for pump:ng school: Time:	Basal rate:	Type of insulin in pu Time: Time:	Basal rate:		
Additional Brand/model of Basal rates durin	information for pump:ng school: Time:	Basal rate:Basal rate:Basal rate:	Type of insulin in pu Time: Time:	Basal rate: Basal rate:		
Additional Brand/model of Basal rates durin	information for pump: ng school: Time: Time:	Basal rate:Basal rate:Basal rate:	Type of insulin in pu Time: Time:	Basal rate: Basal rate:		
Additional Brand/model of Basal rates durin Other pump ins	information for pump: ng school: Time: Time:	Basal rate:Basal rate:Basal rate:	Type of insulin in pu Time: Time:	Basal rate: Basal rate:		
Additional Brand/model of Basal rates durin Other pump ins	information for pump: ng school: Time: Time: tructions:	Basal rate:Basal rate:Basal rate:	Type of insulin in pu Time: Time:	Basal rate:Basal rate:		
Additional Brand/model of Basal rates durin Other pump inst Type of infusion Appropriate infu	information for pump: ng school: Time: Time: tructions:	Basal rate: Basal rate: Basal rate: Basal rate:	Type of insulin in pu Time: Time:	Basal rate: Basal rate:		
Additional Brand/model of Basal rates durin Other pump inst Type of infusion Appropriate infu For blood glue failure or infus	information for pump: ng school: Time: Time: tructions: set: usion site(s): cose greater than sion site failure. Notify pa	Basal rate: Basal rate: Basal rate: Basal rate: Basal rate:	Type of insulin in pu Time: Time: decreased within	Basal rate: Basal rate: Basal rate: hours after correct	ion, consider pump	
Additional Brand/model of Basal rates durin Other pump inst Type of infusion Appropriate infu For blood glue failure or infusion si	information for pump: ng school: Time: Time: tructions: set: usion site(s): cose greater than	Basal rate:	Type of insulin in pu Time: Time: decreased within	Basal rate: Basal rate: Basal rate: hours after correct	ion, consider pump	
Additional Brand/model of Basal rates durin Other pump inst Type of infusion Appropriate infu For blood glue failure or infusion si	information for pump: ng school: Time: Time: tructions: set: sion site(s): sion site failure. Notify pa te failure: Insert new infu pump failure: Suspend of	Basal rate:	Type of insulin in pu Time: Time: decreased within	Basal rate: Basal rate: Basal rate: hours after correct	ion, consider pump	
Additional Brand/model of Basal rates durin Other pump inst Type of infusion Appropriate infu For blood glue failure or infusion si For suspected Physical Activity	information for pump: ng school: Time: Time: tructions: set: sion site(s): sion site failure. Notify pa te failure: Insert new infu pump failure: Suspend of	Basal rate: Basal rate: Basal rate: Basal rate: Basal rate: sirents/guardians. Ision set and/or replace or remove pump and g	Type of insulin in pu Time: Time: decreased within	Basal rate: Basal rate: Basal rate: hours after correct	ion, consider pump	
Additional Brand/model of Basal rates durin Other pump inst Type of infusion Appropriate infu For blood glue failure or infusion si For suspected Physical Activity	information for pump:	Basal rate: Basal rate: Basal rate: Basal rate: mg/dL that has not corrents/guardians. Ision set and/or replace or remove pump and go ivities: Yes, for	Type of insulin in pu Time: Time: decreased within e reservoir, or give ingive insulin by syring.	Basal rate:Basal rate:Basal rate: hours after correct sulin by syringe or perfect or pen.	ion, consider pump	
Additional Brand/model of Basal rates durin Other pump inst Type of infusion Appropriate infu For blood glue failure or infusion si For suspected Physical Activity May disconnect fr	information for pump: ng school: Time: Time: tructions: set: sion site(s): sion site failure. Notify pa te failure: Insert new infu pump failure: Suspend of the sall rate: sall rate:	Basal rate: Basal rate: Basal rate: Basal rate: mg/dL that has not corrents/guardians. Ision set and/or replace or remove pump and givities: Yes, for Yes,	Type of insulin in pu Time: Time: decreased within e reservoir, or give insulin by syringer hours	Basal rate:Basal rate:Basal rate: hours after correct sulin by syringe or perfect or pen.	ion, consider pump en.	

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Additional information for student with insulin pump (continued)

	f-care Pump Skills		Indepe	endent?
Counts carbohydrates			☐ Yes	□No
Calculates correct amount of insulin for carbohydrates consumed			☐ Yes	□No
Administers correction bolus			☐ Yes	□No
Calculates and sets basal profiles			☐ Yes	□No
Calculates and sets temporary basal rate	е		Yes	□No
Changes batteries			☐ Yes	□No
Disconnects pump			Yes	□No
Reconnects pump to infusion set		8	☐ Yes	□No
Prepares reservoir, pod, and/or tubing			Yes	□No
Inserts infusion set			Yes	□No
Troubleshoots alarms and malfunctions			Yes	□No
Other diabetes medication		Route	Times att	an.
Name:				
Name:	Dose:	Route:	Times give	en:
	Tin	ne	Carbobydrate C	ontent (grams)
Meal/Snack	Tin	ne	Carbohydrate C	
Meal/Snack Breakfast	Tin	ne	to)
Meal/Snack Breakfast Mid-morning snack	Tin	ne	tc)
Meal/Snack Breakfast Mid-morning snack Lunch	Tin	ne	tc))
Meal/Snack Breakfast Mid-morning snack Lunch Mid-afternoon snack			tc))
Breakfast Mid-morning snack Lunch			tc))
Meal/Snack Breakfast Mid-morning snack Lunch Mid-afternoon snack	nt/amount:		to)))
Meal/Snack Breakfast Mid-morning snack Lunch Mid-afternoon snack Other times to give snacks and content nstructions for when food is provided	t/amount:l to the class (e.g., as pa	art of a class party or	tototototototototototototo)))
Meal/Snack Breakfast Mid-morning snack Lunch Mid-afternoon snack Other times to give snacks and content Instructions for when food is provided Special event/party food permitted: Student's self-care nutrition skills:	t/amount:l to the class (e.g., as pa	art of a class party or	tototototototototototototo)))
Meal/Snack Breakfast Mid-morning snack Lunch Mid-afternoon snack Other times to give snacks and content nstructions for when food is provided Special event/party food permitted: Student's self-care nutrition skills: Independently counts carbohydrates	to the class (e.g., as pa	art of a class party or	tototototototototototototo)))
Meal/Snack Breakfast Mid-morning snack Lunch Mid-afternoon snack Other times to give snacks and content	to the class (e.g., as particular distribution) Parents'/Guardians'	art of a class party or discretion	tototototototototototototo)))

Physical activity and sports	
A quick-acting source of glucose such as glucose tabs and/or sugar-containing juice must of physical education activities and sports. Student should eat 15 grams 30 grams of carbohydrate other:	ty
Disaster plan	
To prepare for an unplanned disaster or emergency (72 hours), obtain emergency supply kit from parent Continue to follow orders contained in this DMMP. Additional insulin orders as follows (e.g., dinner and nighttime):	
Other:	
Signatures This Diabetes Medical Management Plan has been approved by:	
Student's Physician/Health Care Provider	Date
I, (parent/guardian), give permission to the school nurse health care professional or trained diabetes personnel of (school) and carry out the diabetes care tasks as outlined in (student) Management Plan. I also consent to the release of the information contained in this Diabetes Medical Modern and I school staff members and other adults who have responsibility for my child and who may need to maintain my child's health and safety. I also give permission to the school nurse or another qualified to contact my child's physician/health care provider. Acknowledged and received by:	to perform Diabetes Medical Management Plan b know this information
Student's Parent/Guardian	Date
Student's Parent/Guardian	Date
School Nurse/Other Qualified Health Care Personnel	Date
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Page 1 of 2, Hypoglycemia Emergency Care Plan

Hypoglycemia Emergency Care Plan (For Low Blood Glucose)

Student's Name:	
Emergency contact information	
Parent 1/Guardian:	
	Home Phone:
Work Phone:	Mobile:
Parent 2/Guardian:	
	Home Phone:
Work Phone:	Mobile:
Health Care Provider:	

The student should never be left alone, or sent anywhere alone or with another student, when experiencing hypoglycemia.

Causes of Hypoglycemia	Onset of Hypoglycemia
Too much insulinMissing or delaying meals or snacks	Sudden—symptoms may progress rapidly
Not eating enough food (carbohydrates)	
 Getting extra, intense, or unplanned physical activity Being ill, particularly with gastrointestinal illness 	

Hypoglycemia Symptoms Circle student's usual symptoms.				
 Shaky or jittery 	 Uncoordinated 	 Inability to eat or drink 		
Sweaty	 Irritable or nervous 	 Unconscious 		
Hungry	 Argumentative 	 Unresponsive 		
• Pale	 Combative 	 Seizure activity or convulsions (jerking movements) 		
 Headache 	 Changed personality 	, , , , , , , , , , , , , , , , , , , ,		
 Blurry vision 	 Changed behavior 			
Sleepy	Inability to concentrate			
• Dizzy	Weak			
 Lightheaded 	Lethargic			
 Confused 	• Other:			
 Disoriented 				

Actions for Treati	ing Hypoglycemia
check blood glucose (sugar) at side of finger. Treat for hypo	nel as soon as you observe symptoms. If possible, oglycemia if blood glucose level is less than mg/dL. HYPOGLYCEMIA AS SPECIFIED BELOW.
Treatment for Mild to Moderate Hypoglycemia	Treatment for Severe Hypoglycemia
Provide quick-acting glucose (sugar) product equal to grams of carbohydrates. Examples of 15 grams of carbohydrates are listed below: • 4 glucose tablets • 1 tube of glucose gel • 4 ounces of fruit juice (not low-calorie or reduced-sugar) • 4–6 ounces (1/2 can) of soda (not low-calorie or reduced-sugar) Wait 15 minutes. Recheck blood glucose level. Repeat quick-acting glucose product if blood glucose level is less thanmg/dL. Contact the student's parents/guardians. Once the student's blood glucose returns to normal, check the blood glucose level 1 hour later. Provide an additional source of carbohydrate (e.g., whole grain crackers, graham crackers, granola bar, yogurt, or fruit) if a meal or snack is not planned.	Position the student on his or her side. Do not attempt to give anything by mouth. Administer glucagon: mg at site. While treating, have another person call 911 (Emergency Medical Services). Contact student's parents/guardians. Stay with student until Emergency Medical Services arrive. Notify student's health care provider.

Page 1 of 2, Hyperglycemia Emergency Care Plan

Hyperglycemia Emergency Care Plan (For High Blood Glucose)

Student's Name:	
Grade/Teacher:	
Emergency contact information	
Parent 1/Guardian:	
Email Address:	Home Phone:
Work Phone:	Mobile:
Parent 2/Guardian:	
Email Address:	Home Phone:
Work Phone:	Mobile:
Health Care Provider:	
Phone Number:	
School Nurse:	
Contact Number(s):	
Trained Diabetes Personnel:	

Causes of Hyperglycemia	Onset of Hyperglycemia
Too little insulin or other blood glucose-lowering medications	Over several hours or days
 Insulin pump or infusion set malfunction 	
Food intake that has not been covered adequately	
by insulin	
Decreased physical activity	
• Illness	
• Infection	
• Injury	
Severe physical or emotional stress	

Hyperglycemia Emergency Symptoms Hyperglycemia Symptoms Diabetic ketoacidosis (DKA), which is associated with hyperglycemia, ketosis, and dehydration Circle student's usual signs and symptoms. • Increased thirst and/or dry mouth • Dry mouth, extreme thirst, and dehydration • Frequent or increased urination Nausea and vomiting Severe abdominal pain • Change in appetite and nausea • Fruity breath Blurry vision • Heavy breathing or shortness of breath Fatigue Other: Chest pain • Increasing sleepiness or lethargy Depressed level of consciousness

Actions for Treating Hyperglycemia		
Notify school nurse or trained diabetes personnel as soon as you observe symptoms.		
Treatment for Hyperglycemia	Treatment for Hyperglycemia Emergency	
Treatment for Hyperglycemia ☐ Check the blood glucose level. ☐ Check urine or blood for ketones if blood glucose levels are greater than mg/dL. ☐ Calculate the Insulin Correction Dose needed as specified in the DMMP. ☐ Administer supplemental insulin dose: (If student uses a pump, see instructions below.) ☐ Give extra water or non-sugar-containing drinks (not fruit juices): ounces per hour. ☐ Allow free and unrestricted access to the restroom. ☐ Recheck blood glucose every 2 hours to determine if decreasing to target range of mg/dL. ☐ Restrict participation in physical activity if blood glucose is greater than mg/dL and if ketones are moderate to large. ☐ Notify parents/guardians if blood glucose is greater than mg/dL or if ketones are present. For Students Using an Insulin Pump ● If student uses a pump, check to see if the pump is connected properly and functioning by giving a correction bolus through the pump and checking the blood glucose 1 hour later. ● If moderate or large ketones are present, treat ketones	Treatment for Hyperglycemia Emergency Call parents/guardians, student's health care provider, and 911 (Emergency Medical Services) right away. Stay with student until Emergency Medical Services arrive.	
with a subcutaneous injection of insulin, then change pump site or initiate pump back-up plan.		
 For infusion site failure: insert new infusion set and/or replace reservoir or pod, or give insulin by syringe or pen. 		
 For suspected pump failure: suspend or remove pump and give insulin by syringe or pen. 		

