



Diabetes Supplies and Forms for School

- **Diabetes Medical Management Plan (DMMP)** for School. Most recent and signed copy (by Provider and parents)
- Emergency Medication (Glucagon)
 - Note: is the child self-carrying or will it be stored in the office?
- Glucose Meter
 - Testing Strips
 - Lancets
 - Spare Batteries for Glucose Meter
- Insulin Pen
 - To be used if pump malfunctions
- Insulin Pen Needles
- Urine Ketone Testing Strips ***Most commonly missed item***
- Alcohol Wipes
- Insulin Pump Supplies (if student has pump)
 - 1 extra site change *if the child is independent in changes

15 gram carbohydrate "fixes" for low blood sugar *these can vary from child to child*

Some examples:

- 3 glucose tabs
- Half cup (4oz) of fruit juice or regular soda
- Fun size bag of skittles (about 15 skittles)
- 4 starburst
- Welch's fruit snacks

In the case a child could not get to the office (ie. lock down), it is suggested that the child keep several snacks in their backpack (middle and high school) or in a cupboard in their classroom.

Tips from the Nurses:

- If a child is marked as independent and/or self-carries supplies, the child can still keep anything they may need in the office.
- We recommend using a labeled plastic shoe box container, large compartment plastic container, or clear tackle box to put all the diabetic supplies in. There are numerous examples on the internet if you search "diabetes box for school".
- If your child brings a packed lunch, it is recommended to send a sticky note with each item's carb value for easy reference.
- Please reach out to one of the nurses with any questions:
 - Kaylee Voetberg: (616)-669-1740 x 1075 or kvoetber@hpseagles.net
 - Kristen Goodyke: (616)-669-1740 x 1074 or kgoodyke@hpseagles.net