

School

Nursery / pre school

Primary



Scuola

Junior

Schule

Infants

Ecole

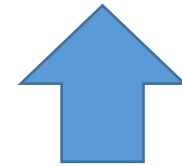
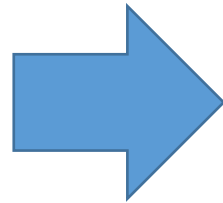
Escuela

Kindergarten

Secondary / high school



Fear



Light bulb
moment

Nursery / Preschool

- Early contact
- Make friends with the person in charge
- Don't make it complicated
- Clear and concise rules
- Normality reigns supreme for the children
- Snacks at the same as their friends



Eloise
Aged 3

Information sheet

To the Nursery:

JESSICA BURTON **has HYPERINSULINISM**

My child has only 5% of her pancreas left and this does not work 100% of the time. Because of this she needs to have injections of insulin and must balance her food and exercise.

An insulin reaction may occur if the blood sugar gets too low (a hypo) especially before meals or after exercise and this can be dangerous for Jessica and could cause brain damage or death.

WARNING SIGNS OF INSULIN REACTIONS - HYPOS

**Closing
& opening
of eyes**

Paleness

**Headache
Stomach ache**

**Changes of
Mood,
Confusion,
Irritability
Tearfulness**

Jessica's main symptoms are closing and opening of eyes, (this can nearly guarantee an extremely low blood sugar) paleness and mood changes.

If Jessica is unwell, please ring mum, Adrienne Burton on:

home:
mobile:

If Adrienne is unable to get to Jessica within ten minutes, or if instructed by her, please give Jessica:

Hypostop or 2 to 3 lucozade tablets

1/3 can (330ml can) of coke, lemonade (any full sugar drink)

Please see attached hypo sheet.

Too much ?

Hypo

IF 2.6 or under or if seeming to pass out (shutting eyes etc) ALWAYS USE HYPOSTOP. Snap off top and squirt 1/2 tube of HYPOSTOP in her cheeks inside her mouth and rub in. (This will immediately bring her up, squeeze onto your fingers and put inside her cheeks and rub, with hand over her mouth if necessary). Follow up with long acting food (biscuits, sandwich, fruit, milk etc). Check her blood after 5 to 10 minutes. If not on way up repeat hypostop and keep on checking every 10 minutes until going up.

If between 2.7 and 4.4 :

You need to get her sugars up immediately and then follow with a long acting food.
To raise sugars:

1. Two or three Lucozade (or Dextrose) tablets

You then have to give her some long acting food (as above). Check after 5 to 10 minutes to make sure rising, if not then try:

1. Two more Lucozade tablets or
2. Coke (not diet) or any high sugar drink.

Follow again with long acting food. Check every 10 minutes until rising.

If Jessica won't drink or eat use Hypostop (as above) and follow up with long acting food.

If not responding to anything or in coma the Glucagon Injection Kit will need to be administered. Mix up as pictures in box dictate but only inject half the syringe. Jessica then needs to go to hospital either by ambulance or car. Telephone mum (020 8249 3887 or 07734771492)

Signs for Hypos (Jessica does not usually show any hypo signs at all except on rare occasions)

Doing anything different than she normally does, ie:

1. Eyes start shutting and opening as if going to sleep or passing out
2. Goes very pale very quickly
3. Sitting for a long time on someone's lap very cuddly and tired (this would not be in character, she is not a cuddly girl)
4. Wimpering (which is unusual for her)
5. Screaming inconsolably sometimes a very high pitched scream
6. If she has not slept or eaten what she is supposed to, need to keep an eye on her behaviour just in case hypo.
7. Waves of pain – they come and go and she will scream and cry every couple of minutes as a wave of pain hits her. (not sure where pain is but she might say her tummy hurts)

A hypo feels similar to being drunk ie disorientated, dizzy, headache. After a hypo it is a bit like a hang over feeling. (This is how it was explained to me by a diabetic)

When hypo, Jessica may not feel like eating or drinking and could get very stubborn and stropky so you really have to try to force her.

She may well want to go to sleep after the hypo which is ok.

Phone numbers

Adrienne mobile -
Gt Ormond St Hosp -
Adrienne & G'ma work -
Linda (Aunt) home -

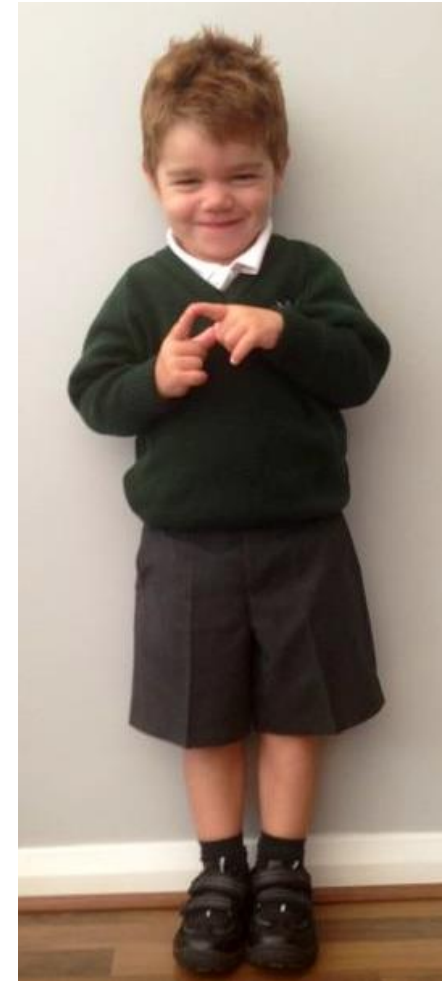
Adrienne home -
Adrienne's mum -
Linda (Aunt) mobile-
Childrens' Ward (Princess Royal Hosp) -

Primary school

- Approach early
- Friendly
- Care plan to include :
 - Day to day
 - Emergency rules
 - PE
 - Phone numbers
- Glucagon
- The Box
- The Bag



Jessica
Aged 4



Emilio
Age 4

The How to Guide

- Contact the head teacher early
 - Have a few training/info meetings with:
 - Class teacher
 - TA's in class
 - Head
 - School nurse if appropriate
 - Perhaps stay for few days / weeks to train and show the ropes beginning of term
- Glucagon in schools
 - Who can do the training ?



Daily Plan

- Minimum requirements
- Added extras attached

JESSICA BURTON (DOB 2.4.00)

DAILY TREATMENT PLAN

NO INSULIN BEFORE 10 am EVER

BG = blood glucose by way of finger prick test

- 10.15 am**
- Test BG
 - Under **4.0 HYPO** – see emergency sheet and act immediately
 - If over **9.0 HYPER** – insulin bolus needed – see emergency sheet and act immediately using the Bolus Wizard (you will need to test in one hour)
 - If between 4.1 and 8.9 do nothing at all
- 12.25 pm**
- Test BG – **if hypo treat**, if anything else then leave as insulin will be given before or at lunch.
 - 4 x Creon – empty contents into pot and Jessica will swallow followed by a glass of water.
 - Lunch : **school dinner**, please count the carbs on plate and instruct Jessica how many and watch her give a bolus of insulin
packed lunch the carbs will inside lunch bag and please make sure Jessica gives a bolus before she eats.
- 2.30 pm**
(ish)
- Test BG (this should be 2 hours after lunchtime bolus)
 - Under **4.0 HYPO** – see emergency sheet and act immediately
 - If over **9.0 HYPER** insulin bolus needed – see emergency sheet and act immediately using the Bolus Wizard.

- Record keeping for school
- Communication open
- Notes on the back
ie low on stock in box etc

Jessica Burton DOB : 2.4.00

RECORD OF BLOOD GLUCOSE LEVELS IN SCHOOL

WEEK COMMENCING :

Morning blood glucose level : Carbs at lunch :

Parents initials : Date :

Time	Blood glucose level	Food given/ carbs/coke etc	Other Intervention ie bolus	Signed by

Morning blood glucose level : Carbs at lunch :

Parents initials : Date :

Time	Blood glucose level	Food given/ carbs/coke etc	Other Intervention ie bolus	Signed by

Morning blood glucose level : Carbs at lunch :

Parents initials : Date :

The Box

Jessica Burton Yr 9 Supplies Box Contents

1. Full Care Plan
2. Mini cans of coke (hypo treatment - 15 cho per can)
3. Box containing :
 - a. Multiclix barrels (needles)
 - b. One Touch Verio test strips
 - c. Pump batteries
4. One Touch glucometer - spare
5. Haribo (hypo treatment - 14 cho per bag)
6. Spare infusion sets and reservoirs (pump consumables)
7. Glucotabs

Fridge Box Contents

1. Glucagon Injection Kit (emergency hypo)
2. Novorapid vial - for insulin pump

Laminated sheets

Glucometer supplies

Hypo treatment



Emergency Flow Chart

Jessica Burton Hypo Instructions

HYPOGLYCAEMIC EPISODE or a 'HYPO' = a Blood Glucose of less than 4.4 mmol/L

If Jessica is unconscious go to Step 5. Do not attempt to give food, drink or Glucogel

Step 1

- If below 3.0 go to Step 4
- If Jessica is 3.1 to 4.4 give fast acting glucose (3 glucose tablets or small can of original Coca Cola (not diet) and go to Step 2
- If unable or unwilling to eat or drink go to Step 5



Step 2

- Ensure Jessica's hands are washed
- Wait for 5 to 10 minutes after Jessica finishes the coke or glucose tablets and recheck the blood glucose reading
- If above 4.4mmol/L go to Step 3
- If not, repeat Step 1



Step 3

- Blood glucose above 4.4 mmol/L
- Give a snack or if just before a meal, give that as soon as possible. [provide slow acting carb food as the snack i.e. 2 x biscuits, snack bar, crisps or sandwich, that will keep the blood glucose above 4mmol/L once the fast acting sugar has been used up]
- Check blood glucose again after $\frac{1}{2}$ hour to an hour

Step 4

Follow if Jessica below 3.0

- Give small can of Coca Cola by a straw [hold can and straw for Jessica]. She needs the whole can.
- After finishing the coke wait for 5 to 10 minutes, ensure Jessica's hands are washed (water or wet wipe) and recheck the blood glucose reading
- If above 4.4mmol/L go to Step 3
- If not, repeat Step 4 (another time if necessary, once giving another can of Coca Cola and once giving 3 glucose tablets)
- After the second repeating of step 4:
- If above 4.4mmol/L go to Step 3
- If blood sugars are not rising give Glucagon injection see Step 5

PTO



Step 5

- Administer **GLUCAGON INJECTION** [follow simple picture instructions found in the lid of the Glucagon Injection Kit]
- Inject into thigh/bottom
- If you cannot give injection, dial 999 (has PSP see below)
- Ring Adrienne (or emergency contact) - numbers below
- If given glucagon injection dial 999 (has PSP see below) anyway as Jessica will have to go to hospital. See below.
- Once Jessica is awake and co-operative follow Step 1
- Monitor blood glucose readings carefully. Check readings every 15 minutes until ambulance or mother arrives to take over.

PSP - 999 Ambulance

Jessica has a 'PSP' - Patient Specific Protocol (ref. PSP 19/05). When requesting an ambulance this needs to be made clear to the ambulance service.

Direct Hospital Admission

Jessica has direct Hospital admission to the Princess Royal University Hospital and her hospital number is M141617

Information

Jessica usually does not display any symptoms of a hypo but sometimes may 'look' or 'behave' different eg

- Lethargic
- Eyes 'not right'
- Very Pale
- Says strange things
- 'Wobbly'/shaky
- Tearful/Weepy
- Headache or tummy ache
- Feeling 'not right'
- Odd/unusual behaviour
- Grumpy

* always check the blood glucose reading if Jessica has any of these signs/symptoms *

TELEPHONE NUMBERS

- Adrienne (mum) home -
- Adrienne mobile -
- Bridget (Grandma) and Linda (Aunt) home -
- Bridget (Grandma) mobile -
- Linda (Aunt) mobile -
- St Ormond St Hosp (Rain Forest Ward)
- St Ormond St Hosp (Switchboard) 020 7405 9200 (ask for Dr Khalid Hussain)
- St Ormond St Hosp (Clare Gilbert - nurse) 020 7405 9200 x
- Princess Royal University Hosp - Childrens' Ward - (direct admission bed)
- Princess Royal University Hosp - Switchboard -

Signed by Dr Khalid Hussain...

Dated...

Signed by mother, Adrienne Burton...

Dated...

Secondary school

- Your teen will have more control
- Keep it simple
- Look at the timetable
- Care plan
- Small laminated cards
- Glucagon

Jessica Burton Yr7

Emergency hypo treatment

Testing Blood Sugars

Jessica will usually be able to test herself and act on a hypo without intervention. However, if Jessica feels so low she cannot test her own blood sugars a member of staff who has been trained to do a BG test must be called. If in doubt give Jessica the hypo treatment immediately and test when member of staff arrives or safely able (she can always give herself a bolus of insulin to cover the hypo treatment if she is not low.)

See below for instructions:

If the blood glucose is less than 4 mmols/L, follow the '15' rule

If Jessica is unconscious give Glucagon injection. Do not attempt to give food, drink or Glucogel. Suspend or disconnect the pump.

If blood glucose is less than 4 mmols and Jessica is alert, **do not** suspend the pump as the first line treatment but do the following :

↓
Give approx 15 grams of quick acting dextrose
(ie 150 ml of **non** diet coke - small party sized can or 100 ml lucozade)

↓
Repeat blood glucose test after 15 minutes

↓
If blood glucose still below 4 mmols, give a further 15 grams of dextrose
ie 150 ml coke or 100 ml lucozade

↓
Repeat blood glucose test after 15 minutes

↓
If still below 4 'suspend' the pump or disconnect at the site

↓
Wait until blood glucose level has risen above 5 mmols before reconnecting the pump and call mum. If not sure at any stage above call mum immediately (**07912 376406**)

Severe Hypoglycaemia - glucagon

If uncooperative Jessica may drink her coke/lucozade if you forcefully tell her she has to.

If drowsy/unconscious and/or unable to eat /drink, disconnect or suspend the pump (do not try to pull out her infusion set to do this; you may damage the pump and hurt Jessica) and then :

1. Call 999
2. Give **Glucagon injection** (if trained) **which is kept in the pod and in the fridge in the Office, follow instructions on inside of lid.**
3. Ring mum - Ask someone else to call mum immediately the injection is being given or been given on 07912 376406/01424 848925

Stay with Jessica and watch her in case of vomiting or seizure. Keep checking her Blood Glucose level until it reaches 5 mmol.

Glucagon :

Route:	Sub cut or Intramuscular
Dosage:	Full syringe
Site for:	Thigh

Happy

Eve



Alliza-Lily



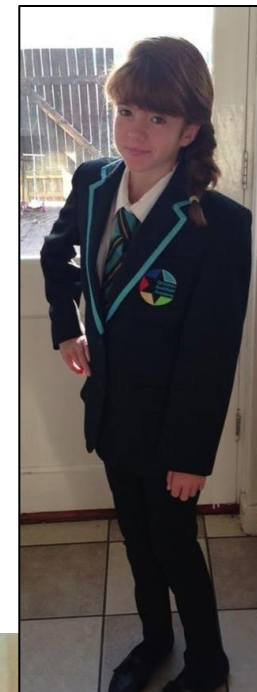
Louie



Liam



Ellie



Scarlett



Jessica



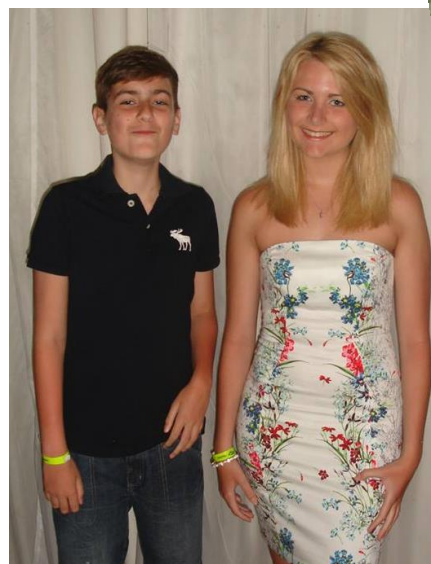
Riley



Charlie



Ellie & Tate



Connie



Emilio



Tilly

