

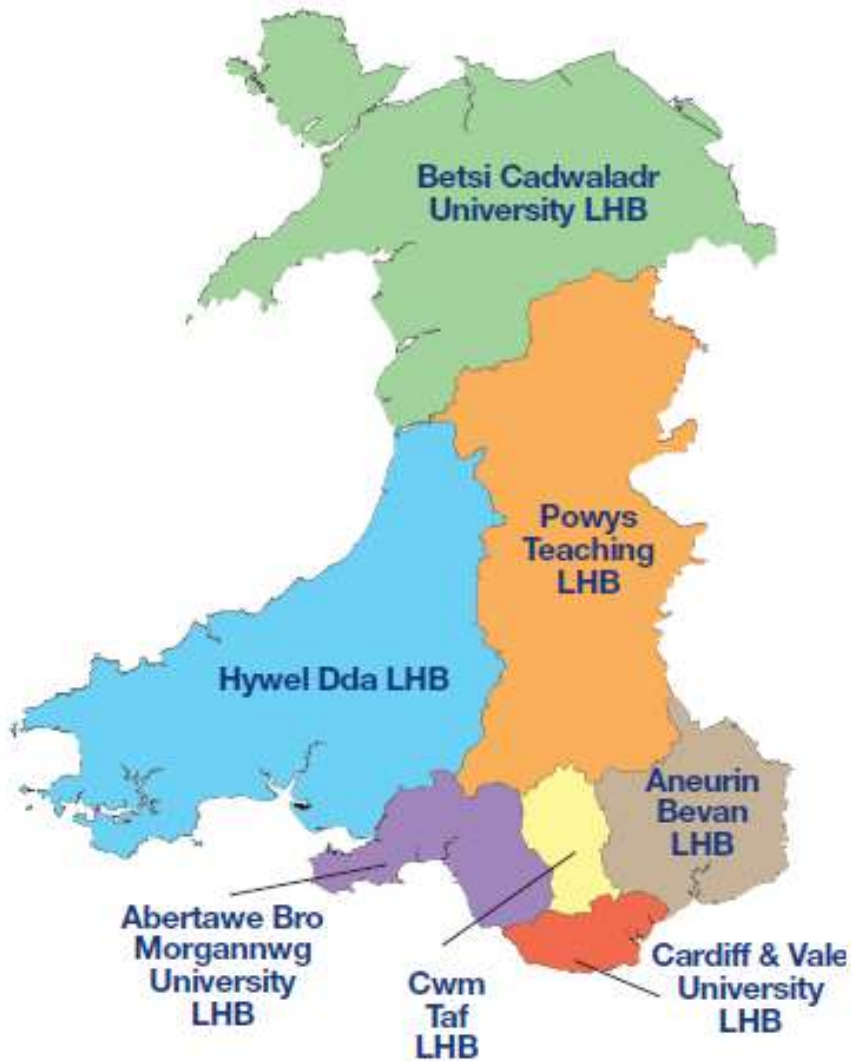


Supporting School Staff with Diabetes Education

Corinna Bretland

Clinical Nurse Specialist - Paediatric Diabetes Schools Educator

Wales



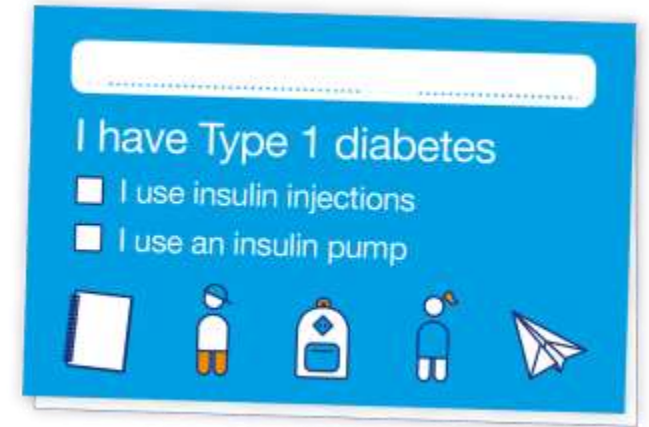
- 1,500 children and young people (T1D) in Wales
- Cardiff & Vale UHB = 220 CYP (0-18yrs)
- 165 schools supporting pupils with T1D

Schools Educator Role

- Established 2016
- Funding from QI team
- Mounting national evidence pupils not having medical needs safely met
- Take lead on staff education + school related matters

Diabetes at school

- 18% of the yr spent at school
- Third of a day
- 'Optimising' BGs = 'Optimising' learning + achievements
- Diabetes affects everything.....
-Everything affects diabetes
- Effective diabetes management takes time



Diabetes management



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A photograph of three young children running across a green grassy field. The child on the left is wearing a white t-shirt with a red diagonal stripe and dark shorts. The child in the middle is wearing a blue t-shirt and dark shorts. The child on the right is wearing a blue t-shirt and white shorts. They are all smiling and appear to be enjoying the activity. In the background, there are other children sitting on the grass and a line of green trees under a bright sky.



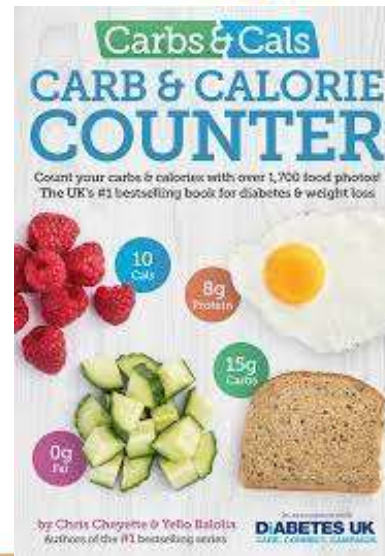
School Diabetes Record Sheet (insulin pump)

Record all diabetes support provided including BG/sensor readings, carbohydrate consumption, insulin doses, hypoglycaemia treatment etc

CYP Name/Class: _____

Date / Time										
Glucose + Arrow										
Carbs (g)										
Correction Dose (insulin units)										
Meal Dose (insulin units)										
Comments										
Signature										

Additional comments:



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Education delivery

- At diagnosis/new class staff/Yr7/residential trips/pump start
- Face-to-face teaching to small groups
- Classroom sessions for pupils
- Covid19 restrictions = virtual training



What do staff need to know?

- **Primary schools:**
 - All** staff need to know the basics
 - Key staff need to know **everything** in detail
- **Secondary schools:**
 - All** staff should know the basics
 - First aid staff need a better understanding
 - PE staff need additional awareness



Considerations for schools

- **Everyone's different**
- Staff training/New school yr
- Glucose Monitoring
- Hypos/Highs
- Exercise management
- Insulin Administration
 - Pump therapy/CHO counting/injections/**sharps disposal**
- **Healthcare Plans**
- Breakfast/after school clubs
- Break time - snacks
- Diabetes supplies
- Lunchtimes/meal passes
- **Communication between school and home + record keeping**
- Illness
- Moving to high school
- **School Trips / off site activities**
- Detention
- **Exams**
- Bullying / Peer Pressure
- **Fire Alarms**
- **Attendance**

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Wales Diabetes Network Schools Group



- Review and standardise approach to staff training
- Prevent a detrimental impact of diabetes on a child's education
 - Guidelines: Glucagon/Closed Loop/Care at school
 - Videos /Staff Training package
 - Care in Schools Alliance group

Videos for schools:



How to do a blood glucose test

<https://youtu.be/-WxzdTvff7w>


How to inject insulin

<https://youtu.be/3B4J0aWJnPk>

How to use glucose gel to treat a hypo

<https://youtu.be/X4A3QDpyvEs>

Safety needles

<https://youtu.be/1S1DwZufz04> 

Hypoglycaemia- info for school staff

<https://youtu.be/aij26rcq3L4>

Diabetes + Technology - info for school staff

<https://youtu.be/1xJGwX0frKo>

Sources of additional information



<https://jdrf.org.uk/for-professionals/school-pack/schools-e-learning-module/>



<https://www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes/schools>



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