

Maine Medical

P A R T N E R S

Pediatric Specialty Care

To the Parent of Test Test
 887 Congress St.
 Portland ME 04102

Diabetes Medical Management Plan

Date: 7/22/2019 Student: Test Test DOB: 1/1/2001 Release on file
 Diagnosis: Type 1 diabetes Type 2 diabetes Other: _____
 Diabetes Regimen Bolus Humalog/Novolog/Apidra MDI: Yes Insulin Pump: No

At the Diabetes Center we encourage families to take an active role in their child's disease management. Parents are educated to look for blood glucose patterns and make adjustments to their child's insulin accordingly. Parents may make adjustments for illness / activity / other factors affecting BG values (+/- 50%).

Target blood sugar before meals = 80 - 140

INSULIN DOSES	Insulin to Carb Ratio	Total Carbs	Supplemental Correction Scale	
Breakfast	1 unit per 12		Daytime	1 unit per 40 > 140
Morning Snack	1 unit per 15		Nighttime	1 unit per 40 > 180
Lunch	1 unit per 15		2-3 AM	
PM Snack	1 unit per 15		Other	
Dinner	1 unit per 15			
Bedtime	1 unit per 15		May consider 15 grams uncovered for 45-60 minutes of moderate activity	

Hypoglycemia is a possible side effect of giving insulin. See hypoglycemia roadmap attached. When correcting an elevated blood sugar that is taken more than 2 hours but less than 3 hours from last fast acting insulin injection; use the NIGHTITME correct scale.

Blood Sugars Need to be Checked Before:

x	Breakfast		Gym Class
	Morning Bus		Afternoon Bus
	Morning Snack	x	Dinner
x	Lunch	x	Bedtime
	Recess	x	Check with parents

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<input checked="" type="checkbox"/> Afternoon Snack	Other:
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Dexcom CGM

Medtronic CGM (fingerstick required for treatment decision)

*If student has symptoms or signs of hypoglycemia, check blood sugar level by finger stick regardless of CGM reading

**Check for ketones if blood sugar is > 240 or if child is ill regardless of blood sugar level.
Contact parent if moderate to large ketones or blood ketones are greater than 1.0.**

If unarousable or seizures: Glucagon / GlucaGen Dose: 1 mg Route: IM/SQ

Call parent immediately after giving. *Possible side effect: Child may vomit following Glucagon administration. If unconsciousness, turn child on side to protect airway. If child is seizing, do not attempt to put anything in child's mouth.


Phone	207-662-5522 OR 1-866-860-6277
Fax	207-662-5524
Nurse Line	207-662-5522, option 4, option 4

Signature _____

Jerrold Olshan, MD Alan Morris, MD Michael Dedekian, MD Jonathan Swartz, MD


Maryann Waterman, FNP Abby Fleisch, MD

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Blood Sugar	Time of Test	Grams of carbs to eat	Retest Blood sugar in 15 minutes	What to do next
Borderline Low	Before a meal or snack	No extra needed	No	Eat and give shot. Subtract 1 unit insulin for carb coverage.
61 - 80	Between meals, before bedtime snack, or overnight	8 gm complex carbs	No	Nothing more needed.
Low Sugar	Before a meal or snack	15 gm fast-acting carbs	Yes	If blood sugar greater than 60, give shot for carb coverage and eat meal.
46 - 60				If blood sugar less than 60, repeat 15 gm fast-acting carbs and retest in another 15 minutes. Once blood sugar is more than 60, give shot for carb coverage and eat meal.
	Between meals, before bedtime snack, or overnight	15 gm fast-acting carbs	Yes	If blood sugar greater than 60, give 8 gm complex carbs. If blood sugar less than 60, give another 15 gm fast-acting carbs, then retest in 15 minutes.
Severe Low	Before a meal or snack	22 gm fast-acting carbs	Yes	If blood sugar greater than 60, give shot for carb coverage and eat meal.
0 - 45				If blood sugar less than 60, give another 15-22 gm fast-acting carbs, then retest in 15 minutes. Once blood sugar greater than 60, give shot for carb coverage and eat meal.
	Between meals, before bedtime snack, or overnight	22 gm fast-acting carbs	Yes	If blood sugar greater than 60, give 8 gm complex carbs. If blood sugar less than 60, give another 15-22 gm fast-acting carbs, then retest in 15 minutes.
Emergency Low	If will not wake up, cannot eat or drink, or having a seizure, give glucagon/glucagon kit			Dose = 1 mg GLUCAGON Turn on side and check blood sugar

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Examples of fast-acting carbs to treat low blood sugar		Examples of complex carbs
15 Grams	22 Grams	8 gm (1/2 Carb)
1/2 C (4 oz) juice	3/4 C (6 oz) juice	4 oz milk
3/4 C (5-6 oz) regular soda	1 C (7-8 oz) regular soda	4 Ritz crackers
4 teaspoons sugar	6 teaspoons sugar	4 saltines
1 tablespoon or packet of honey	1 and 1/2 tablespoon of honey	2 oz ice cream
3-4 glucose tabs	4-7 glucose tabs	2 tablespoons raisins
1 tablespoon regular chocolate syrup or maple syrup	1 and 1/2 tablespoons regular chocolate syrup or maple syrup	5 oz plain Greek yogurt
1 tablespoon or tube of frosting	1 and 1/2 tablespoons or tube of frosting	2 tablespoons peanut butter
3 smartie rolls	5 smartie rolls	1/3 C peanuts
15 jelly beans or Skittles	22-25 jelly beans or Skittles	

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