Stanislaus County
Office of
Education

Foothill Horizons Outdoor School

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Caring For Students With Diabetes At Foothill Horizons

Many students with Diabetes Mellitus attend Foothill Horizons every year. The week at outdoor school is a fantastic time for students to learn about science, self-reliance, and cooperation with others. Parents of diabetic students should be aware, however, that most students will have a higher than normal activity level while at Foothill Horizons and that their diet and bedtime may be different than at home. Here are a few guidelines for ensuring that your diabetic student's week at outdoor school is a safe and positive experience:

•Foothill Horizons staff cannot administer insulin injections. Students with Diabetes must be able to administer their own insulin and test their blood glucose level. If the student needs assistance with insulin administration, you will need to arrange for a parent, parent designee not employed by the school, a licensed vocational nurse, registered nurse, or credentialed school nurse to administer insulin. In an emergency situation, staff is trained to administer injectable glucagon.

•If counting carbohydrates is part of a student's diabetes self-care plan that student should be confident about counting carbs when s/he arrives at the outdoor school.

•If the student uses a pump a back up plan in case of pump failure must be included in the student's diabetic health care plan.

•A designated naturalist serves as the health coordinator and this position rotates weekly. This person is not a school nurse. The health coordinator will need the information about the student with diabetes. Parents should attach this information to the student's health form:

1. How long has the student been monitoring his/her blood glucose level?
2. What is the "normal range" blood glucose reading for the student?
3. Has the student recently changed insulin dosage?
4. Has the student been running high/low before coming to outdoor school?
5. What is the student's normal activity level?
6. How often does the student usually eat? When does she/he snack?
7. Does the student usually have a bedtime/nighttime snack?
8. Will the parent be providing snacks while the student is at outdoor school? What is a normal snack for the student?
9. Under what circumstances should we contact you?
10. If the student uses a pump will it need to be changed during his/her stay?

•We follow the "Pediatric Education on Diabetes in Schools: Diabetes Care At School Guide" (PEDS) and "Helping The Student with Diabetes Succeed, A Guide for School Personnel, A Joint Program of the National Institutes of Health and the Center for Disease Control". We contact parents if blood glucose is less than 70 mg/dl and notify when blood glucose levels are high according to the Parent Consent and Physician's Authorization for Management of Diabetes at School and School Sponsored Events. Please have your health care provider complete this form and attach to the Outdoor Education forms. **Contact your school nurse for a copy of this form.**

•It is imperative that the Director, Pam Ivie, has advance information about the students with diabetes who plan to attend Foothill Horizons to best accommodate and plan for their needs so that the outdoor education experience will be safe and positive for the student. Therefore, a **written Individualized School Health Care Plan and an Emergency Care Plan developed by the school nurse, parent, physician, and student must be written by the school site school nurse prior to the student's arrival and forwarded or faxed to Pam Ivie, Director.**

•Shortly after the student's arrival at outdoor school, the health coordinator, or school nurse (if she is on site) will meet individually with the student to discuss his/her treatment plan while at outdoor school. He/she will review the above information, and ensure that the student knows when and how to administer insulin and check blood glucose levels. She/he will also discuss with the kitchen staff any special dietary needs.

•Parents are requested to provide student preferred snacks for the week and a way to carry emergency medications and snacks and other necessary supplies such as in a small back pack.

•The health coordinator will keep careful records each time the student administers insulin or checks blood sugar levels. The student's classroom teacher, naturalist, and counselor will be aware of the time when the student needs to take medication, test blood glucose, and eat snacks, and any other special needs or concerns regarding the individual student. Parents should feel free to call Foothill Horizons between 8:00 a.m. and 9:30 p.m. to talk with the health coordinator about their child. Due to the busy schedule and variety of activities in which students participate, parents who wish to speak directly with their child will need to arrange a specific time with Foothill Horizons staff.