



Back to school



Parents and Carers Checklist for Back to School

Starting back at school can be an anxious time for parents/carers and children. For families living with type 1 diabetes it presents added challenges and considerations. This will include ensuring information is current and updated; and adequate equipment and supplies are provided.

This checklist provides a starting place for a successful return to school.



Back to school

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<p>Diabetes Management Plan for school</p>	<ul style="list-style-type: none"> • Is it ≤ 12 months old? • Does it need updating as management has changed? • Are the emergency contact details up to date? 	
<p>Meeting with school could include:</p> <ul style="list-style-type: none"> - Principal - Class room teacher - Other with direct contact or in designated support roles 	<ul style="list-style-type: none"> • Can you meet the teachers and staff providing direct support for your child? • Do they have all the information they need? • Are there any concerns? 	
<p>Insulin injections (pen) equipment/supplies</p> <ul style="list-style-type: none"> - Insulin pen - Insulin pen needle - Sharps container - Insulin calculation method or tool - Carb counting information 	<ul style="list-style-type: none"> • If needed, can the spare insulin be refrigerated at school? • Is there a sharps container? • Where will the insulin be stored? • Is there additional copies of insulin calculation method or tool as a backup at school? 	
<p>Insulin pump equipment/supplies</p> <ul style="list-style-type: none"> - Carb counting information 	<ul style="list-style-type: none"> • Do spare pump supplies need to be kept at school? • Does there need to be an insulin pen and needles kept at school as backup? 	
<p>Monitoring equipment/supplies</p> <ul style="list-style-type: none"> - Blood glucose meter - Glucose test strips - Lancing device - Lancets - Ketone test strips (if applicable) - Phone or receiver for CGM data (if applicable) 	<ul style="list-style-type: none"> • Are there spare batteries for the blood glucose meter? • Is a spare meter for school needed? • Are the blood glucose and/or ketone strips in date? • If children are using CGM, do they have a blood glucose meter and lancing device at school? 	
<p>Hypo kit</p> <ul style="list-style-type: none"> - Fast acting (high GI) carbohydrate - Slower acting carb (lower GI) carbohydrate (if needed) 	<ul style="list-style-type: none"> • Can extra be stored at school? • If included in the diabetes management plan, is the glucagon pen still within its use by date? 	