

Individual Health Care Plan

September 2018

My name is <insert child's name here> and I am * years old. I have Type 1 Diabetes and Coeliac Disease.

Coeliac Disease / Breakfast Club / Packed Lunch

My Coeliac Disease means that I have to stick to a gluten free diet. I will bring my own cereal / bread to breakfast club but I am able to have normal milk and juice. I will bring my own packed lunch to school to ensure that all the items are gluten free. If anything is handed out as snacks in school, it will need to be checked before I am able to eat it. I have my insulin for my breakfast before I leave the house.

My Dexcom CGM and Smartwatch

To treat my Type 1 Diabetes, I wear a sensor in my leg which send my blood glucose readings to my Smartwatch. Mummy and Daddy fund this privately and it is not supplied by the NHS so any queries need to be directed to them and not the nurse.

My blood testing machine and insulin pump

I also wear an insulin pump around my waist 24 hours a day. This delivers my "background insulin" through a cannula in my stomach every 3 minutes. When I eat, the amount of carbohydrates need to be entered into my blood testing machine and this then calculates the additional insulin I need to cover my food. The blood testing machine sends the amount of insulin to the pump on my back via Bluetooth and the pump then infuses the correct amount into my body. I have my insulin for my breakfast before I leave the house but I will need to have insulin for my lunch in school.

Things that affect my blood sugar:

There are lots of things that can affect my blood sugar. If the weather is too hot, too cold, if I'm upset, excited, coming down with an illness, if it's raining and I don't do much exercise or if I'm having a growth spurt just to name a few. Therefore, sometimes, I will have high or low blood sugars.

High Blood Sugar

I don't normally have any symptoms from high blood sugars (over 10.0mmol) and these are normally picked up and corrected from routine checks but sometimes, high blood sugar can cause me to need to go to the toilet frequently. If I ask to be excused from class to use the toilet, please allow me to go. In addition, I will need to drink more if my sugars are high so I need to be allowed water in these circumstances.

Low Blood Sugar

Sometimes, I have low blood sugar (under 4.0mmol) which is called a "hypo" or "hypoglycaemia". This can make me feel dreadful and needs to be treated immediately. Most of the time I know when

I feel low as I feel “shaky”. When I feel like this, I am always very responsible and tell a teacher. They then test my blood and give me Lucozade to bring my sugar levels back up to normal. I may need assistance in testing my blood when my sugar is low as it affects my co-ordination.

Physical Signs of Low Blood Sugar

Sometimes I am unable to tell that I am experiencing low blood sugar and so some signs to look out for include:

- I may look pale
- I may complain of feeling hungry or tired
- I may become grumpy all of a sudden
- I may feel hot, cold, shaky or weak
- I may become drowsy

When I am experiencing low blood sugar it is EXTREMELY important that I sit down and am not made to walk anywhere, especially unaccompanied. This is due to the fact that my sugar could drop even further if I am made to walk around. I can sometimes get confused when my sugar is low and if I am sent to find a teacher, I could become disorientated and my blood sugar could drop even further.

My Diabetes bag

My blood testing machine and hypo treatments will be brought to school in a bag with my name on and it is very important that they are near me at all times.

Independence

I am very responsible with both of my conditions. I always check that something is gluten free before eating it and I am able to test my own blood and deliver my own insulin (with supervision). I also know how to correct a high blood sugar and to check whether insulin has been delivered to the pump.

Thank You