



# 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.



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