



Glucose monitoring

A student with type 1 diabetes in a school setting needs to check their glucose levels regularly during the day. Checking glucose levels are important as it provides essential information to help the student determine their mealtime insulin dose, manage their diabetes during exercise and confirm low and high glucose levels and if treatment of these has been effective.

School staff have a role in supporting, supervising or assisting their student with glucose monitoring at school. The level of support required will be detailed in the student's diabetes management plan.

The student's ability to perform, interpret and act on their blood glucose levels will vary according to their age and level of independence. Young students, those who are newly diagnosed, or those who have learning difficulties, or a disability may require assistance from trained school staff. Even students who are usually independent with their diabetes tasks may need assistance when their blood glucose levels are low.

It is important that your student has access to the equipment to check their glucose levels during school hours and that you allow them the time and space to check their glucose levels at any time and wherever they are.



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Reasonable adjustments

The frequency and timing of glucose level checks will vary from student to student. Generally students will need to check:

- Before eating
- Before exercising
- If they are not feeling well
- If they ask to, for example they may feel 'low' or 'high'
- Other times as described in their diabetes management plan (DMP).

It is a requirement that school staff take actions to support a student with type 1 diabetes to participate in all aspects of school life the same as their peers. These actions are called reasonable adjustments.

Some reasonable adjustments that school staff can do to support a student with their glucose checking:

- Ensure the student can check their glucose in the classroom, or wherever they are in the school, at any time
- Ensure glucose monitoring can be done immediately if the student has signs and symptoms of a low or a high glucose level
- Ensure student has access to the bathroom or a sink to wash hands
- Ensure privacy is available for the student when checking blood glucose levels and injecting insulin, if required
- If student is in detention or withdrawn from the classroom, the student's glucose monitoring equipment and their hypo kit must be accessible.

Links

<https://www.ndss.com.au/wp-content/uploads/fact-sheets/fact-sheet-blood-glucose-monitoring.pdf>