



# A Student's Diabetes Management Plan (DMP)

A student's diabetes management plan is an essential document that will guide how schools can support students to learn and participate fully at school.

The diabetes management plan will usually be developed by the student's clinical treating team in collaboration with the student and family.

The plan will outline a student's monitoring, insulin and daily diabetes management needs while at school. The plan should provide schools with clear

information about when a student requires supervision or support with key tasks, such as checking glucose levels or taking their insulin at school.

The diabetes management plan will also include an action or emergency plan with clear, concise information for situations where prompt action is required.

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Diabetes management plans will differ in format and detail depending on the state or territory. In some state's, schools are also required to develop a separate school health plan.

These plans do not replace the students diabetes management plan but provide more detail about what actions and adjustments a school will put in place to support a student with type 1 diabetes.

### Contents of a diabetes management plan (DMP)

Your student's individualised diabetes management plan (DMP) should include the following:

- An action or emergency plan
- The student's glucose monitoring requirements ([blood glucose](#) and continuous glucose monitoring (CGM)) at school – both routine and additional monitoring. This includes the times and location of routine glucose checking and the level of support, supervision or assistance required.
- The student's target range for glucose levels
- The symptoms and management of low and high glucose levels
- The need for blood ketone checking if the student is unwell or glucose levels are high, and subsequent action if required
- The student's insulin administration requirements at school – including time(s) and location of routine insulin administration, their dose determination method, their insulin delivery device and the level of support, supervision or assistance required
- The management of physical activity
- The contact details of parents/carers and the student's clinical treating team
- What to do in the event of a lockdown/evacuation

### Key points

- The diabetes management plan is developed by the treating diabetes team in conjunction with student and family
- A copy of the plan should accompany the student on all off-site excursions
- Documents should be updated at least annually (unless changes are made during the year)
- Date of planned review and any changes should be documented and dated
- Must be signed by a member of the clinical treating team
- It may be useful to also plan the communication method best for the family and the designated staff member(s) for routine and non-routine days
- The diabetes management plan (DMP) may be used by the school to develop a personal or individual care plan or a risk assessment as required under their own policies and procedures

