

HEALTH MATTERS

Diabetes

You will need to inform your school of your diabetes diagnosis so that a care plan can be put into place for you. Usually a diabetic nurse specialist will complete this with you, your parent/carer and the school. Some training will also be offered to staff in how to manage diabetes whilst you are at school, usually this will be from the diabetic nurse specialist.

You and your parents or carers responsibilities

Know your signs and symptoms for hypo's and hyper's, this will need to be included in your care plan.

Ensure your medication is in date! Including the one you may have left with the school. Don't wait until this has expired to get a new one prescribed, think ahead.

All medication will need to be labelled with your name and date of birth by the pharmacists

Do not use your friend's medication if you have forgotten yours! Tell an appropriate adult.

You will need to have your medication with you on any school trips, swimming, after school clubs and for sports; you may need to discuss this with your teacher

Take your medication when you need it as prescribed

If you plan to carry your medication / glucose tablets / biscuits / snacks on you at school, make sure that the school are aware of this! A parent / carer may need to sign a consent form. Always note the time that you take your medication.

Tell an appropriate adult when you start to feel unwell (your teacher may consider extra time for you if this is during exams or sporting activities)

Attend all medical appointments.

Helpful resources

Diabetes UK provides lots of helpful resources to support you with your Diabetes.

<https://www.diabetes.org.uk/guide-to-diabetes/young-adults>

Some useful resources for the adults who care about you

<https://www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes/top-teen-tips>

NHS resources

<https://www.nhs.uk/conditions/type-1-diabetes/about-type-1-diabetes/>

<https://www.nhs.uk/conditions/type-2-diabetes/>