

# Diabetes Management Policy

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## The Hazard - Diabetes

Diabetes is a medical condition that involves the body producing insufficient amounts of insulin. Insulin is a hormone that is essential for the conversion of glucose (sugar) from food into energy.

There are two main types of diabetes, type 1 and type 2.

Type 1 diabetes is more common in children and adolescents although it can occur at any age. It is caused by a lack of insulin produced in the body and is fatal without insulin injections.

Type 2 diabetes is more common in adults. The causes of this disease are lifestyle factors such as obesity, lack of regular exercise and overeating. It is treated by diet, exercise and occasionally insulin injections. Unfortunately due to unhealthy lifestyles, some teenagers are exhibiting type 2 diabetes.

Treatment for diabetes involves balancing the level of glucose in the body so that it is neither too high nor too low. Where this balance is not achieved, a person may experience either hypoglycaemia or hyperglycaemia (see below), both of which can be fatal without proper care.

## Lavalla Catholic College's Policy

Lavalla Catholic College is committed to supporting diabetic students and assisting them to participate in all College activities.

It is our policy that:

- we provide a clear set of guidelines for the management of diabetes in our College. The guidelines in this policy have been developed having regard to the publications of Diabetes Kids and Teens from the Australian Diabetes Council
- we establish procedures for assisting students manage their diabetes and respond to hypoglycaemia or hyperglycaemia
- we notify parents / guardians of any diabetes related incident requiring treatment at school as soon as possible
- individual health care plans with student photos incorporating medical recommendations are developed and updated regularly with the College, in association with parents / guardians and medical practitioner
- individual health care plans are held at Student Services at both Campuses
- where possible, we encourage students to manage their diabetes independently and keep all necessary equipment with them at all times
- we inform parents / guardians as soon as possible of concerns regarding the diabetic student, particularly where it is limiting the student's ability to participate fully in all activities
- where necessary, we modify activities for the diabetic student in accordance with their needs
- we provide education, support and resources for staff, parents / guardians, students and the wider College community on diabetes awareness
- our staff are trained to provide diabetes first aid and how to use the relevant equipment
- special consideration (e.g. exams), additional privileges (e.g. extra eating and toilet breaks, privacy to inject insulin or use their insulin pump) and additional supervision is provided to diabetic students

## **Implementation**

This policy is implemented through a combination of:

- staff training
- individual health care plans
- effective incident notification procedures
- effective communication procedures
- allocation of overall responsibility for this policy to a senior member of staff
- initiation of corrective actions where necessary.

## **Discipline for Breach of Policy**

Where a staff member breaches this policy, Lavalla Catholic College may take disciplinary action.