



SAMPLE For Educational Purposes Only

Individualized Healthcare Plan (IHP/504): Student with Diabetes Sample Responses*

Student Name:

Date of Birth:

Grade:

School:

Date of Meeting:

1. Describe the nature of the concern:

Type I Diabetes – Insulin Dependent. Type I Diabetes is a physiological disorder that affects the endocrine system.

2. Describe the basis for the determination of disability.

Documentation from the student's physician

3. Describe how the disability affects a major life activity.

The student is at risk for hypo/hyperglycemic episodes related to his/her metabolic disorder.

4. Are accommodations indicated for state or district-wide on-demand testing?

Yes No

5. Describe the reasonable accommodations that are necessary:

a. Emergency Action:

- i. If symptoms of hypoglycemia or hyperglycemia are noticed, immediately contact school nurse.
- ii. Medical alert notice for substitute teachers given to _____ for placement in substitute folder.

b. Staff Training:

- i. Annual staff training on diabetes and signs and symptoms of hypo/hyperglycemia for all staff who work with student Date: _____ By : _____
- ii. Review of Emergency Medical Policy and Response Procedures (by nurse)
Date: _____

c. Student's level of care:

- i. Student is able to perform blood glucose monitoring on own at (times of day) _____ and if experiencing symptoms of hypo/hyperglycemia
- ii. Student needs assistance with blood glucose monitoring at (times of day) _____ and if experiencing symptoms of hypo/hyperglycemia
- iii. Student is able to self administer insulin after nurse double checks dosage per physician order via syringe, pen or pump
- iv. Nurse will administer insulin as needed per physician orders via syringe, pen or pump
- v. The student will keep their diabetes supplies and equipment _____
- vi. Extra snacks and supplies provided by parents are located _____

*Actual responses may differ for individual students.



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d. Classroom Management

- i. Allow free and unrestricted access to water and bathroom.
- ii. Frequent blood glucose testing during standardized tests or major exams. Check blood glucose level before testing begins and every 45 minutes after. The test will be delayed if blood glucose level is ≥ 250 mg/dl until the blood glucose is in the normal range (80-240) for at least one hour.
- iii. A note taker will be assigned to student when class time is missed due to a diabetic episode
- iv. When student is absent due to illness related to diabetes, classwork and homework will be made available on the first day the student returns to school.
- v. If student is not feeling well or complains of symptoms of hypo/hyperglycemia, send to nurse immediately with an escort and call nurse to say student is on the way to health office.
- vi. Treat the student with diabetes the same as other students except to meet medical needs and be prepared to address any stigmatizing or harassment of students with diabetes.

e. Snacks and Meals:

- i. Student will have daily snack at _____ and lunch at _____
- ii. The parent/guardian will supply the carbohydrate count for all foods consumed while in school
- iii. If student is purchasing school lunch, parent will make contact with food service director to receive carbohydrate count of meal
- iv. Parent/guardian will provide all snacks

f. Nursing Management:

- i. Communicate with parent via daily notebook, email or phone blood glucose levels and daily management plan or issues/concerns that arise.
- ii. Perform or assist student with blood glucose monitoring and/or Ketone testing
- iii. Perform or assist student with insulin administration as ordered via syringe, pen or pump
- iv. Provide appropriate treatment for hypo/hyperglycemic episodes
- v. Review with student amount of carbohydrates consumed at meal and snack time to assure correct insulin dosage

g. Physical Education/Recess:

- i. Student will monitor blood glucose level prior to physical education class
- ii. Student will monitor blood glucose level after physical education class
- iii. Student will participate fully in physical education class and recess except if testing positive for Ketones

h. Field Trips:

- i. Parent or substitute school nurse to accompany student on field trips.
- ii. Staff chaperoning trip will know how emergency services are accessed throughout the field trip.
- iii. Student will bring all food and snacks required during the trip.
- iv. Student will have glucometer and other blood glucose monitoring materials with them on trip.
- v. Teacher will notify school nurse of any field trips planned at least 3 weeks in advance of trip.



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i. Bus Transportation:

- i. Student rides the bus. The transportation department and driver have been given a copy of the Emergency Plan by: _____ . Student will sit near front of bus.
- ii. Parent will point out their child to the bus driver on the first day of school. (elementary only)
- iii. Student will carry their emergency snack pack in case of hypoglycemic symptoms develop.
- iv. Bus driver is made aware of the students medical condition and appropriate response to an emergency situation. Pull bus over immediately, call 9-1-1, move student to front of bus, assist student in finding snack pack if unable to do this themselves.
- v. Student does not ride the bus.

j. Fire/Emergency Drill or Evacuation Procedures:

- i. In the event of a fire drill, fire, or other emergency evacuation, _____ notify nurse where the student is via walkie-talkie.
- ii. Nurse will take emergency supplies including glucose monitoring kit and snacks

k. Student currently participates in the following school sponsored after school activities/programs:

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- i. **PARENTS ARE RESPONSIBLE FOR ALERTING ANY SCHOOL SPONSORED AFTER SCHOOL ACTIVITY/PROGRAM THAT THEIR CHILD HAS TYPE 1 DIABETES.**
 - ii. The student will take their glucometer and other necessary equipment with them and have emergency snack pack available.

Date of Plan: _____

Signature of Parent/Guardian _____

Signature of Nurse _____