

Diabetes Management in the
School and Childcare Setting

Navigating Extracurricular and Athletic Involvement



Disclosures

Jennifer Whitmarsh, RN, CDCES

Certified pump trainer for Omnipod (Insulet) and Tandem.

No other conflicts to disclose.



Learning Objectives

At the end of this talk, participants will be able to:

- Summarize the school's legal obligation to provide students with T1D the equal opportunity for participation in extracurricular activities
- Identify resources which may be available in the school setting for maintaining compliance with legal requirements
- Recognize the impact of exercise on blood glucose and apply appropriate intervention



- Legal Requirements
- Resources
- Helpful Tools



Legal Requirement

- Section 504 of the Rehabilitation Act of 1973
- Americans with Disabilities Act



OCR Scenario

An elementary school student with diabetes is determined not eligible for services under the IDEA. Under the school district's Section 504 procedures, however, he is determined to have a disability. In order to participate in the regular classroom setting, the student is provided services under Section 504 that include assistance with glucose testing and insulin administration from trained school personnel. Later in the year, this student wants to join the school-sponsored gymnastics club that meets after school. The only eligibility requirement is that all gymnastics club members must attend that school. When the parent asks the school to provide the glucose testing and insulin administration that the student needs to participate in the gymnastics club, school personnel agree that it is necessary but respond that they are not required to provide him with such assistance because gymnastics club is an extracurricular activity.


Analysis: OCR would find that the school's decision violates Section 504. The student needs assistance in glucose testing and insulin administration in order to participate in activities during and after school. To meet the requirements of Section 504 FAPE, the school district must provide this needed assistance during the school day. In addition, the school district must provide this assistance after school under Section 504 so that the student can participate in the gymnastics club, unless doing so would be a fundamental alteration of the district's education program. Because the school district always has a legal obligation under IDEA to provide aids or services in its education program to enable any IDEA-eligible students to participate in extracurricular activities, providing these aids or services after school to a student with a disability not eligible under the IDEA would rarely, if ever, be a fundamental alteration of its education program. This remains true even if there are currently no IDEA-eligible students in the district who need these aids or services. In this example, OCR would find that the school district must provide glucose testing and insulin administration for this student during the gymnastics club in order to comply with its Section 504 obligations. The student needs this assistance in order to participate in the gymnastics club, and because this assistance is available under the IDEA for extracurricular activities, providing this assistance to this student would not constitute a fundamental alteration of the district's education program.





Utilize Your Resources

- School's internal process
- Parents
- Delegation and Training
 - Coaches
 - Teachers
 - Bus drivers
- Athletic trainers




Develop a Plan


- Review student's level of independence per IHP
- What type of activity will the student be involved in? Any anticipated needs?
- What pieces of diabetes care does the student need help with?

Practical Tips


Low Intensity Exercises
Examples: Leisurely walking, yoga, or biking




Moderate Intensity Exercises
Examples: Vigorous walking, swimming, tennis




High Intensity Exercises
Examples: Running, spinning, aerobics, or kickboxing




Long-Duration Moderate Intensity Exercises
Examples: Team sports, golfing, cycling, or swimming




Your blood sugar will not be affected.




Your blood sugar will not be affected.












Your blood sugar will go up.





Your blood sugar will go down.




Practical Tips

INTENSITY	 <100 mg/dL	 100-120 mg/dL	 121-180 mg/dL	 180-250 mg/dL	 250+ mg/dL
Low Intensity 0 – 30 minutes 	Take 15g carbs before exercise	OK to exercise	OK to exercise	OK to exercise	Check ketones before exercise
Moderate Intensity 30 – 60 minutes 	Take 15g carbs before exercise	Take 15g carbs before exercise	OK to exercise	OK to exercise	Check ketones before exercise
High Intensity 30 – 60 minutes 	Take 15g carbs before exercise	Take 15g carbs before exercise	Take 15g carbs before exercise	OK to exercise	Check ketones before exercise
Long Duration 60+ minutes 	Check blood sugar again, every 30 – 60 minutes	Check blood sugar again, every 30 – 60 minutes	Check blood sugar again, every 30 – 60 minutes	Check blood sugar again, every 30 – 60 minutes	Check blood sugar again, every 30 – 60 minutes



Diabetes Kit Checklist

- Blood sugar meter
- Test strips
- Lancets and lancing device
- Needles and/or syringes
- Insulin (pens, vial)
- Alcohol swabs
- Glucose tablets or fast-acting carbohydrate to treat lows
- Snacks
- Glucagon



Extra snacks for exercise:

- 1 serving of a sugary snack or beverage
- 3 to 4 glucose tablets
- 1 serving of glucose gel
- 1 tablespoon honey or sugar
- 4 fluid ounces of fruit juice or regular soda
- 5 to 6 pieces of hard candy
- My favorite carbohydrates or snacks to sustain or maintain blood sugar during activity: _____

Practical Tips

