

# Pediatric Diabetes



This guidebook is for:

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**This guidebook is to help you and your child's school or daycare provider manage your child's care.**



Hôpital de Montréal  
pour enfants  
Centre universitaire  
de santé McGill



Montreal Children's  
Hospital  
McGill University  
Health Centre



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## **IMPORTANT: PLEASE READ**

Information provided by this booklet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

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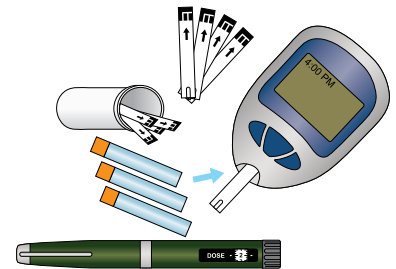
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# What to tell and bring to school or daycare

Organize a meeting with all school personnel who will be responsible for your child (teachers, school principal, secretary, school nurse...). You will need to discuss the following:

## 1. Lunch time blood sugar and insulin injection

- Verify who will be responsible for doing the blood testing and insulin injection. Or,
- Verify who will be responsible for supervising your child during blood testing and insulin injection.
- Where will it be done?



## 2. Handling an episode of hyperglycemia (high blood sugar)

- There is nothing to do.
- The child may feel thirsty and may need to urinate more often. He should be allowed to have water to drink and to go to the bathroom as needed.



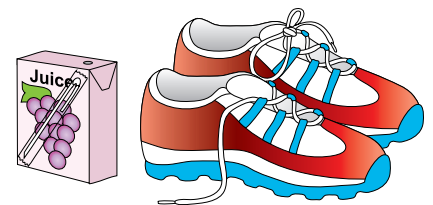
## 3. Handling an episode of hypoglycemia (low blood sugar)

- Follow the Low Blood Sugar (Hypoglycemia) Protocol.



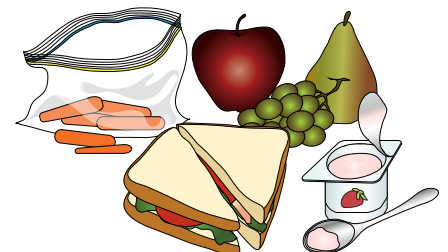
## 4. Gym class

- The child will need to drink a juice box before gym class.
- Verify who will be responsible for supervising that the juice is taken.



## 5. Snacks and meals

- Verify who will be responsible for making sure that snacks and meals are eaten.



## 6. Illness

- Contact parents to come pick up the child.

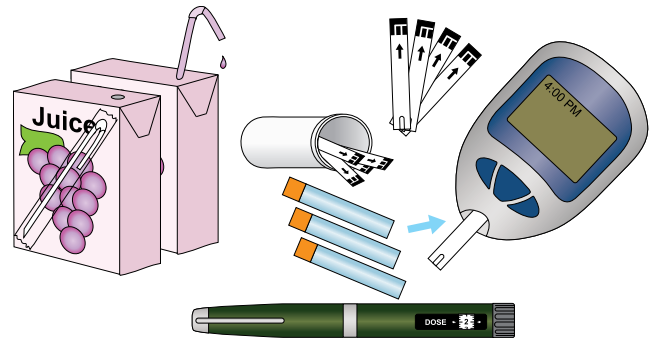
**Vomiting (gastro or stomach flu) can become an emergency for a child with diabetes. Contact parents immediately.**



## 7. Supplies

The school should always have the following items:

- Juice boxes
- Blood glucose meter and strips
- Insulin and pen needles, if doing lunch time injections
- Hospital diabetes protocols
- Extra snacks



## 8. Important Contact Information

Parents:

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### Questions or concerns?

Do not hesitate to contact the Diabetes Clinic nurses at:  
514-412-4400, ext: 22860  
(Nancy Dumouchel and/or Sandra Kambites)

### Emergency?

Call 514-412-4400, ext: 53333.  
Ask for the pediatric diabetes doctor on-call.



# Low blood sugar (hypoglycemia) protocol

## What is hypoglycemia?

Hypoglycemia is defined as a blood sugar level that is less than 4.0.

## What may have caused this?

- Missed meal or snack
- Activity or exercise without compensating with an extra snack
- Vomiting
- Insulin dose too strong

## What are the signs and symptoms?

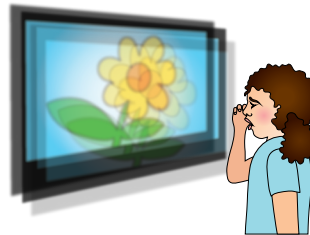
An older child might report symptoms. However, this is not necessarily the case for a younger child.



**Trembling**



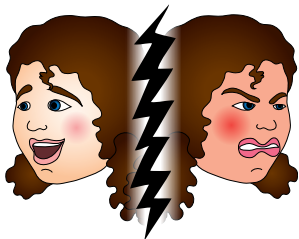
**Extreme tiredness and paleness**



**Blurred vision**



**Dizziness**



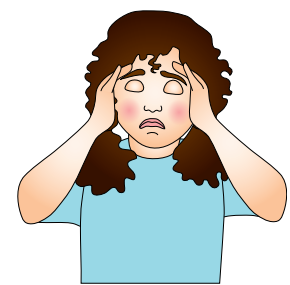
**Mood changes**



**Sweating**



**Hunger**



**Headaches**

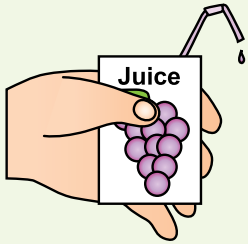
**Whenever in doubt, check the blood sugar. If it is not possible to check the child's blood sugar, assume the child has hypoglycemia.**

# How do I treat hypoglycemia in a conscious child?

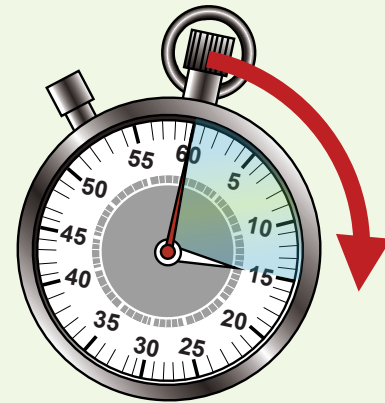
Follow the protocol below, even if the child is showing no signs of low blood sugar. Supervise and make sure that all meals and snacks are eaten fully and on time.

## 1. Give a fast-acting source of sugar right away:

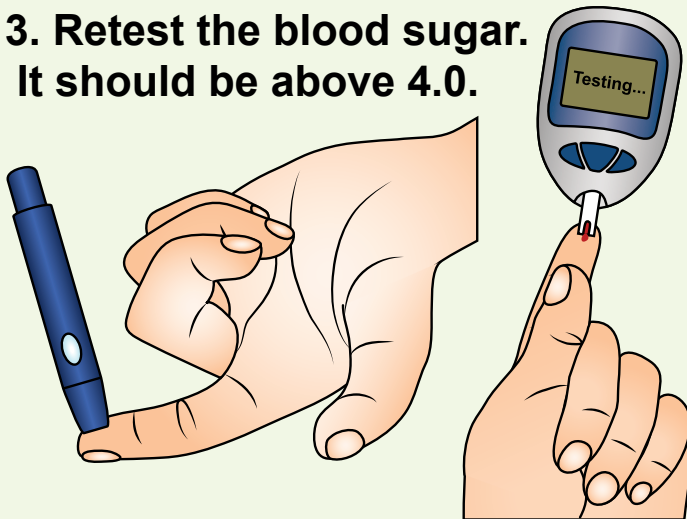
- 200 ml juice box
- 3-5 glucose tablets
- 4 tsp. or 4 packets of sugar mixed in water



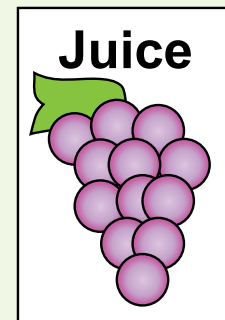
## 2. Wait 15 minutes. Do not leave the child alone.



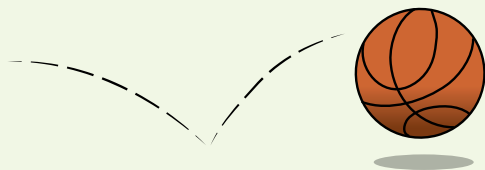
## 3. Retest the blood sugar. It should be above 4.0.



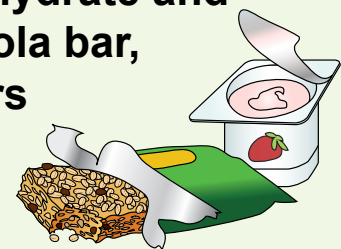
## 4. If the child's blood sugar is still below 4.0, repeat steps 1, 2 and 3.



## 5. When the blood sugar has returned to normal (above 4.0), the child may resume his/her activities.



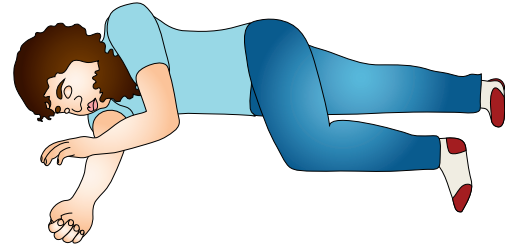
## 6. If the next meal/snack is more than one hour away, give a snack containing carbohydrate and protein (e.g. granola bar, yogurt, or crackers with cheese).



# How do I treat hypoglycemia in an unconscious child?

## 1. If the child is unconscious, having a seizure, or unable to swallow:

- Roll the child on his/her side
- Keep the child on the side lying-position
- Do not give anything by mouth (risk of choking)

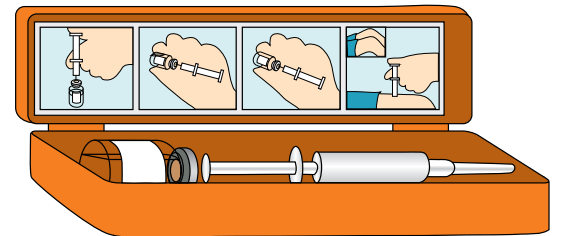


## 2. Call 911



## 3. Inject glucagon if provided. Training is required.

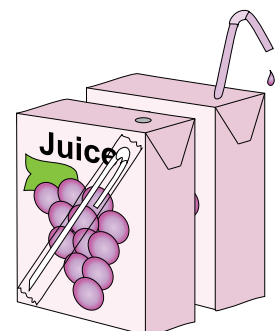
Glucagon is a hormone. It has the opposite action of insulin. It will bring up the blood sugar and it is safe to give.



## 4. Call the parents.



## 5. When the child has recovered consciousness, offer sips of juice or soda unless vomiting.

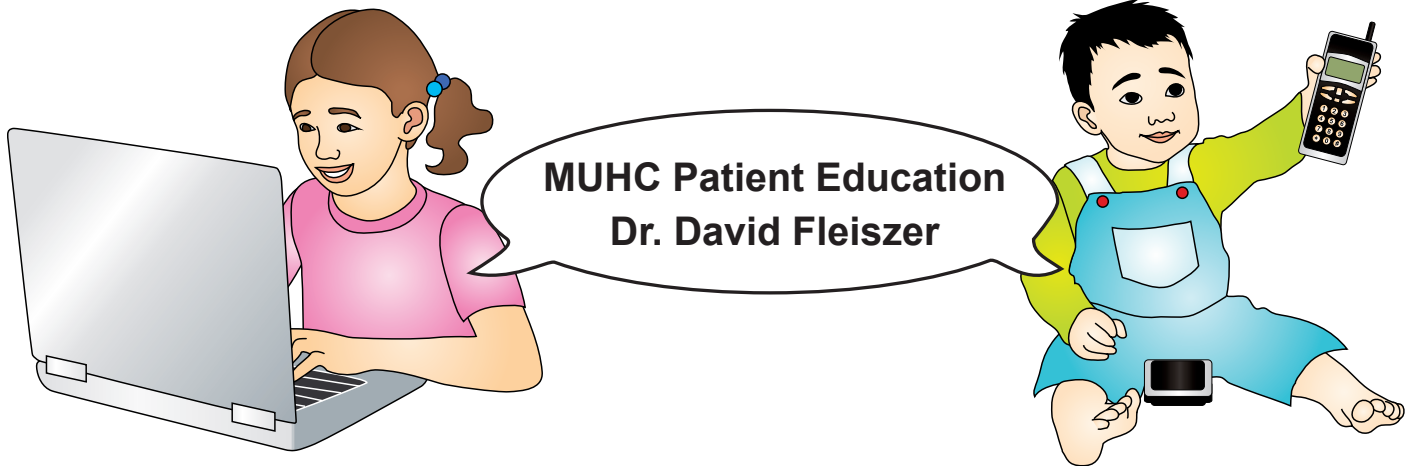


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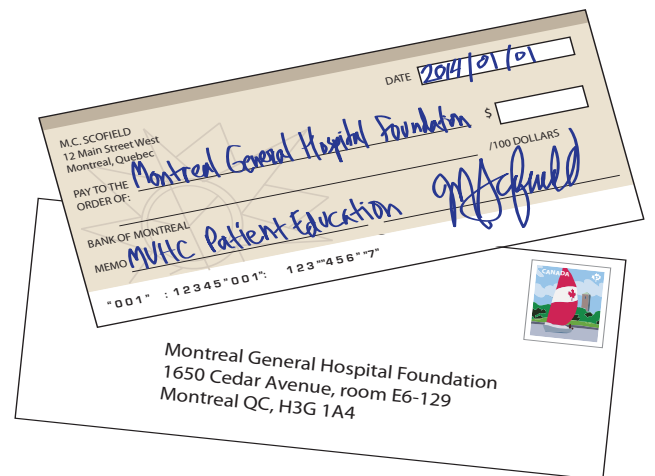
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