

# 'AWAY FROM HOME' HANDY BOOK

I am pleased you are looking after my child. This booklet presents key information you may need to know and contains a few word definitions that may help understand type 1 diabetes care. Should something happen, please see all the key contact details at the back. Thank you!



## PRACTICAL INFORMATION

My child's healthy blood sugar range as discussed with a healthcare professional is: \_\_\_\_\_

If my child needs snacks (e.g. to have energy if they are active, playing games), my instructions are:

(Also remind dietary requirements if any)

My child takes insulin by:

Injection (pen)       Pump

Here are my instructions for background and mealtime doses:

### Checking blood sugar levels

My child's blood sugar levels need to be checked at various times of the day, in the following situations (please tick as appropriate):

- |  |   |
|--|---|
| <input type="checkbox"/> Before meals      | <input type="checkbox"/> Before bedtime       |
| <input type="checkbox"/> After meals       | <input type="checkbox"/> On waking up         |
| <input type="checkbox"/> Before activities | <input type="checkbox"/> Other (please state) |
| <input type="checkbox"/> After activities  |   |

Please systematically check any time you suspect a low or high blood sugar event.

Please help my child with checking their blood sugar levels by:

## How to respond...

### ...in the event of a low blood sugar (hypo) ↓

Hypo symptoms are numerous and may vary for different people. Some common signs of hypo are: dizziness, shakiness, sweating, confusion, feeling faint, lethargy, feeling hungry, slurred speech, blurred vision, paleness.

My child's hypo symptoms, identified in consultation with a healthcare professional, are:

It has been agreed that my child's hypo must be treated with:

- Perform extra blood checks to make sure my child's blood sugar levels are back to normal after treating a low. (please tick as appropriate)

### ...in the event of a high blood sugar ↑

Some common signs indicating a high blood sugar event are: excessive thirst, needing to go to the toilet more, nausea, moodiness, tiredness.

With the advice of a healthcare professional, we have identified these signs indicating that my child has a high blood sugar:

Insulin must always be used to treat a high blood sugar event. Our protocol to give insulin is:

- Perform extra blood checks to make sure my child's blood sugar levels are coming down after treating a high. (please tick as appropriate)

My child's ketones need to be checked when :

Our protocol to test for ketones when needed is:

**If ketones are present, please call the contact number provided.**

# DIABETES LINGO



The below definitions might help get familiarised with some specific words that are part of my child's everyday life.

## Blood sugar / blood glucose (BG)

This is the sugar found in the blood, produced from food we eat and used by the body for energy. BG levels might be affected by many factors beyond food, such as medication, physical activity, stress or even the excitement of a sleepover! With diabetes, BG levels need to be checked and actively monitored. We have indicated in this document my child's healthy BG range as discussed with a healthcare professional.

## Insulin

Insulin lowers the level of sugar in the blood. My child needs to take insulin to help keep blood sugar levels in a healthy range, not too high or too low. This treatment can be given either as a shot or by using an insulin pump.

## Low or 'hypo' (hypoglycaemia)

Low blood sugar event that may be caused by taking too much insulin, delaying/skipping a meal, activity or other factors that may affect glucose levels.

## High (hyperglycaemia)

High blood sugar event possibly caused by not enough insulin, more food, less activity than usual, stress, emotions and other factors that may affect glucose levels.

## Bolus

A dose of insulin taken to treat or help prevent high blood sugar, for example at mealtimes. A bolus can be given as a shot or using an insulin pump.

## Blood glucose meter (or 'meter')

A small machine used to test blood sugar levels.

## Test strip

A drop of blood is placed onto a disposable strip that is then inserted in the meter to measure blood sugar levels.

## Lancet

A needle used to prick the finger in order to obtain a drop of blood for testing glucose levels. A lancing device holds a lancet.

## Type 1 diabetes (T1D)

A condition resulting from the body not producing the insulin required to keep blood sugar levels in the normal range. Type 1 diabetes is not caused by eating too much sugar and always requires insulin therapy. It is very different from type 2 diabetes where the body may still be able to create insulin but cannot use it properly.

## Insulin pen

A penlike device used for injecting insulin in the body.

## Insulin pump

A medical device that continuously delivers insulin to the body through a thin tube inserted just under the skin.

My child uses one: YES  NO

## CGM (Continuous Glucose Monitoring)

A device that continuously measures sugar levels through a sensor inserted just under the skin, providing glucose readings in real-time. It is designed to alert and help keep track of blood sugar levels while reducing the need for painful fingerpricks.

My child uses one: YES  NO

## FGM (Flash Glucose Monitoring)

A Flash Glucose Monitoring device also helps track glucose levels with less fingerpricks but requires manual action to get glucose readings.

My child uses one: YES  NO

## Carbs (carbohydrates)

Found in foods such as bread, cereal, pasta, milk, fruits and some vegetables, carbs are changed into glucose during the digestion process. It is essential to monitor how much carbs my child eats to keep blood sugar levels in control.

## Ketones

Acids released into blood when the body is unable to use its normal source of energy (glucose) and uses fat instead. Ketones can be measured in urine and blood. Too many ketones can lead to serious complications of diabetes.

## KEY CONTACT DETAILS

Our phone number is:

Mobile:

Home:

If we cannot be reached in case of emergency, please contact:

Name and role:

Phone number:

Contact details for diabetes team are:

Name and role:

Phone number:

## EMERGENCY PLAN