



Diabetes Care and Action Plan for

This care and action plan is meant to be a general guide to caring for a child with diabetes. Please take with you to appointments and have the diabetes team fill in the information. It is not meant to replace any guidelines provided by the diabetes care team or Primary Care Provider. If you have questions, please call:

Dr. _____ at _____, (____) _____ - _____

Oral Medication (Pills)

MEDICATION NAME	DOSE	WHEN TO TAKE (IF OTHER, WRITE IN WHEN TO TAKE)
		<input type="checkbox"/> Before meal <input type="checkbox"/> After meal <input type="checkbox"/> Other
		<input type="checkbox"/> Before meal <input type="checkbox"/> After meal <input type="checkbox"/> Other
		<input type="checkbox"/> Before meal <input type="checkbox"/> After meal <input type="checkbox"/> Other

Other Injections (Not Insulin)

MEDICATION NAME	DOSE	WHEN TO TAKE (IF OTHER, WRITE IN WHEN TO TAKE)
		<input type="checkbox"/> Before meal <input type="checkbox"/> After meal <input type="checkbox"/> Other
		<input type="checkbox"/> Before meal <input type="checkbox"/> After meal <input type="checkbox"/> Other

Insulin Dosing Types

Please choose the dosing type(s) and the times when insulin should be used.

Bolus Dosing: The amount of fast acting insulin needed to lower blood sugar and help the body use the sugar from the carbohydrates (carbs) eaten.

Basal Insulin: Long-acting insulin that helps the liver process sugar.

Bolus Dosing, Correction Dose (sliding scale): Units of insulin taken to correct for **high blood sugar**.

Set Bolus _____ units with each meal. Name of insulin: _____

WHEN TO CHECK
BLOOD SUGAR

WHEN TO CHECK
BLOOD SUGAR

- Before breakfast 0 – 150 = _____ units
151 - 200 = _____ units
- Before lunch 201 - 250 = _____ units
- Afternoon snack 251 - 300 = _____ units
301 - 350 = _____ units
- Before dinner 351 - 400 = _____ units
- Bedtime 401 - 450 = _____ units

- Before breakfast 0 – 150 = _____ units
151 - 200 = _____ units
- Before lunch 201 - 250 = _____ units
- Afternoon snack 251 - 300 = _____ units
301 - 350 = _____ units
- Before dinner 351 - 400 = _____ units
- Bedtime 401 - 450 = _____ units

Remember YOU CAN control diabetes.

Bolus Dosing, Carb / Insulin Dose: Number of units of insulin taken for number **of carbs eaten in food.**

Set Bolus _____ units with each meal. Name of insulin: _____

WHEN TO CHECK
BLOOD SUGAR

- Before breakfast
- Before lunch
- Afternoon snack
- Before dinner
- Bedtime

Take _____ units of
insulin per _____
grams of carbohydrate
eaten.

WHEN TO CHECK
BLOOD SUGAR

- Before breakfast
- Before lunch
- Afternoon snack
- Before dinner
- Bedtime

Take _____ units of
insulin per _____
grams of carbohydrate
eaten.

Basal Dosing, Long acting insulin

Name of insulin: _____ units in the
morning _____ units at bedtime

Caregiver Management

- **Observe** blood sugar tests being done in the home (check monitor memory for those done outside the home).
- **Observe** or give insulin injections done in the home.
- **Keep** all diabetes care supplies available and accessible.
- **Correctly use and store** insulin and supplies (refrigerate until opened then may leave at room temperature for 30 days).
- **Observe** entries in the meter or enter all blood sugars and insulin doses into a log book.
- **Determine the correct amount of insulin** to be given.
- **Bring glucometer and logbook** to all medical appointments.
- **Call Diabetes Clinic or primary care provider for questions.**

Child / Teen Self-Management

- **Talk to caregiver** and be honest about food you will be eating for meals and snacks.
- Work with caregiver for blood sugar checks and insulin injections.
- **Talk to caregiver** when not feeling well, feeling stressed or depressed, including symptoms you have when your blood sugar is high or low.
- **Talk to caregiver** when you intend to exercise so that insulin and/or snacks can be given correctly.
- **Work with your caregivers, Diabetes Clinic, or primary care provider** to ensure that you control diabetes and it doesn't control you.


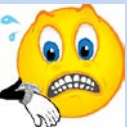



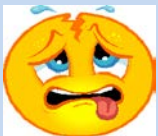


Call Diabetes Clinic if:

- Child had a seizure.
- Caregiver has had to give glucagon injection.
- Child has moderate to large ketones in urine.
- Child had low blood sugar more than three (3) times in one week.
- Caregiver or child has questions about care.
- If a child loses consciousness, **CALL 911.**

Sick Days

- Child should continue taking long acting insulin (Lantus / Levemir).
- If child is not eating, may use sugared foods or beverages such as pudding, Jell-O[®], regular soda.
- Check blood sugars every 2 – 3 hours during the day and at least twice during the night.
- Make sure child drinks lots of fluids (about 8 ounces every hour).
- NO exercise, child should rest.
- For child with Type I, check urine ketones throughout the day (even if child isn't vomiting).
- If child has moderate to large ketones in urine follow same guidelines as for high blood sugar with ketones.









Low Blood Sugar

 Dizzy Disoriented	 Sweaty Anxious	 Hungry	 Irritable
 Blurry Vision	 Headache	 Sleepy Tired	 Weak Shaky

Low Blood Sugar

1. Blood sugar is less than 70.
2. Choose one: Drink 8 ounces of non-fat milk, 4 ounces of juice, 4 ounces of regular soda or 4 glucose tablets.
3. Wait 15 minutes and re-test blood sugar.
4. If blood sugar is still over 70, eat your meal or have a small snack (see low-carb snack suggestions on next page).

High Blood Sugar

 Thirsty	 Frequent Urination	 Hungry	 Irritable
 Blurry Vision	 Dry Skin	 Sleepy Tired	 Weak Nauseated

High Blood Sugar

1. Blood sugar is greater than _____ for _____ tests in a row (test urine for ketones).
2. If ketones are trace or small, drink extra sugar free fluids (water is best).
3. If ketones are moderate or large, drink extra sugar free fluids (water is best) and call Diabetes Clinic or Primary Care Provider.
4. If ill with fever and/or vomiting, call Diabetes Clinic or take to nearest emergency department.

Emergencies and Snacking Tips: Snack Ideas			
No-carb snacks	Protein	Veggies	Other
	String cheese Cottage Cheese Hard-boiled eggs Turkey sticks Pepperoni sticks Deli meats	Cherry or plum tomatoes Celery sticks Cucumber slices Carrots Peppers Broccoli Cauliflower Dill pickles	2 TBS. sunflower or pumpkin seeds (pepitas) Diet soda Water Sugar-free popsicles Sugar-free Jell-O [®] Crystal Light [®] Sugar-free Kool-Aid [®]
Low-carb snacks (15 – 30 grams) (approximately amounts; to be sure of carbs read product label)	Salty	Sweet	Other
	12 – 15 potato chips 10 rice crackers 5 soda crackers 3 cups Microwave popcorn 30 – 40 Goldfish [®] 8 – 10 Mini-Ritz [®] sandwich 5 Ritz crackers [®] 10 Doritos [®]	3 – 5 animal crackers 2 graham crackers 2 vanilla wafer cookies Granola bar Small fruit (apple, orange) ½ banana Low-sugar fruit cup 15 Teddy Grahams [®] 2 Oreos [®] Rice Krispie square [®]	2 TBS. peanut butter 8 ounces milk 4 ounces yogurt 1 slice of bread ½ turkey sandwich ½ peanut butter sandwich ½ cup nuts ¼ cup trail mix 1 cup of plain Cheerios [®] with ½ cup milk 1 Gogurt [®]
Things to remember	<ul style="list-style-type: none"> • Portion size matters (when in doubt measure) • Remember to count your snack carbs, too. • Eating while watching TV, playing video games, or driving can result in eating more than intended. • Always have healthy snack options available. • Always carry emergency snacks. • Don't shop while hungry. 		