

KENADIE: Supporting her Type 1 diabetes at school.



Our daughter, Kenadie, is a happy, playful and energetic child who is thrilled about returning to school. She was diagnosed with Type 1 diabetes in July of 2013 and started insulin pump therapy in July of 2014. She now wears a continuous glucose monitor (CGM) that measures her blood sugar levels every 5 minutes and transfers that information to her insulin pump through a RileyLink – all of which she wears/carries with her 24/7 in a belt around her waist. These three pieces of equipment are used to help her and her caregivers manage her chronic disease. We have compiled the following information to support those who work with her.

What is diabetes?

Type 1 diabetes (T1D) is a lifelong, life threatening disease for which there is no cure. It is very different from the more common Type 2 diabetes in that it cannot be reversed or 'controlled' with food and exercise alone. The pancreas no longer produces insulin, which unlocks the cells in the body so that sugar can enter and transform into energy for body function. Without enough insulin, sugar builds up in the bloodstream instead of going into the cells, presenting a serious threat to both immediate and long-term health.

How is KENADIE's diabetes treated?

The treatment of diabetes is a balancing act. On one side, food increases the level of sugar in the blood. On the other side, exercise and insulin lower the blood sugar. Kenadie's parents test and monitor her blood sugar. When it is in balance, she feels well and is able to function normally.

When does KENADIE receive insulin?

Kenadie wears an insulin pump that is programmed to give a specific dose of "basal" or background insulin to maintain her sugar levels. She must give herself extra insulin or "bolus" when she eats to compensate for the carbohydrates consumed and maintain an internal balance.

When does KENADIE eat?

Kenadie eats 3 meals and 3 snacks per day. **While she is at school, Kenadie must test her blood sugar before eating, enter the reading into her insulin pump and then enter the total number of carbohydrates (minus total g of fibre) she will eat into her pump to accept the "bolus" or extra insulin she requires to process the food she eats and maintain optimal blood sugar levels. Once this has been completed, she must finish the entire snack/meal to ensure a balance between food consumed and insulin administered. If she does not finish, she can drop low very quickly and become very sick or lose consciousness.** She can participate in field trips, class parties, or birthday celebrations, but needs to be prepared in advance. This means that her parents will need to compensate and make the appropriate adjustments and then discuss the simple modifications with her and her teacher. Examples of modifications:

- Kenadie can have half of a cupcake instead of her regular snack.
- A caregiver can come in for a party to select, measure, and monitor what Kenadie can eat.

How is KENADIE's blood sugar checked?

Throughout the day, Kenadie has her blood sugar checked with a hand-held meter. It is a small kit which contains a meter, a needle to puncture the skin and strips that connect the blood to the meter. This meter gives a numerical reading that helps caregivers make a judgement about the next treatment. **Before checking the blood sugar, Kenadie should wash her hands** to ensure that the blood reading is not compromised by any "sugars" or other contaminants on her hands. Whoever helps her to do the blood check must also wash their hands or use a hand sanitizer.

When does KENADIE's blood get checked?

Kenadie's parents check her blood at 5 scheduled times each day. Kenadie does not always recognize when her blood sugar is falling low. **Low blood sugars can very be dangerous if untreated.** As a result, Kenadie has a blood check to confirm "low blood sugar" when she exhibits any of the following symptoms:

- mood changes
- paleness
- trembling
- dizziness
- tiredness
- hunger
- blurred vision

NOTE: In addition to regularly scheduled tests, Kenadie should check her blood sugar before going out for lunch recess and before going to gym or extracurricular sport team activities.

What if the blood sugar is too low?

Low blood sugars need to be treated right away. If blood sugar goes too low and is not treated, a person with diabetes can pass out or have a seizure. If the meter reads below 4.5, Kenadie needs to be given a full juice" box OR 3 Dex glucose tablets and a parent needs to be called (416.704.6356). Kenadie then needs to test her blood sugar, again, 15 minutes later. If her test result has raised above 6.0, she can eat a granola bar, which will maintain her levels until the next meal. If her test result is below 6.0, she must repeat the treatment and test, again in 15 minutes. If she is still not rising above 6.0 after the 3rd test and a parent or caregiver is not accessible, call 911 immediately.

If Kenadie passes out or has a seizure, DO NOT GIVE JUICE.

Call 911 and then Kenadie's parents.

What if the blood sugar is too high?

Kenadie can also experience high blood sugar. The signs of high blood sugar are:

- extreme thirst
- frequent urge to urinate
- drowsiness
- dry mouth
- blurred vision

There is no need to treat these symptoms, but it would be helpful to inform Kenadie's parents of them so they can make the necessary adjustments.

What about extra activity during the school day?

Kenadie can participate fully in outdoor play and gym classes, but during these times the teacher needs to be aware of Kenadie's low blood sugar symptoms. If symptoms occur, please check blood sugar and give juice if the blood sugar reading is below 4.5

Thank you so much for treating Kenadie as a "normal" child while still ensuring that she is healthy and safe! We are looking forward to a successful year. Your support means a great deal!

KRISTEN and RODEL ALCALDE

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