

COURSE CONTENT



<http://SalusEducation.com>

Call (800) 936-0765 or Fax (866) 735-1076

Diabetes Care at School: Bridging the Gap

Level 1

Diabetes Awareness Training

Time: About 25 Minutes

High-level overview of the following:

Type 1 diabetes
Type 2 diabetes in children
Gestational diabetes
Risk of long-term complications
Management of diabetes
Recognizing insulin delivery devices
Insulin injection timing
Insulin injections at school
Monitoring glucose levels in school
Blood Glucose targets
Recognizing/Responding to hypoglycemia
Recognizing/Responding to hyperglycemia
When to call for help
Diet and nutrition
Physical activity
Emotional impact of diabetes
Privacy
Socioeconomic barriers
Disaster preparedness
Summary

Level 2

UDCA Training (Non-Nursing Staff)

Time: About 4 and 1/2 Hours

Level 1 +

Blood glucose monitoring

Operating a glucose meter
Minimizing fingerstick pain
Continuous glucose monitoring

Recognizing and treating hypoglycemia

What is hypoglycemia?
Causes of hypoglycemia
Treating hypoglycemia ("15 - 15 Rule")
Sources of glucose
Understanding the role of dietary protein
Glucagon
Risk reduction techniques

Recognizing and treating hyperglycemia

What is hyperglycemia?
Risk of long term complications
Recognizing hyperglycemia

Diabetic ketoacidosis (DKA)
When to test for ketones
Methods of ketone testing
Causes of hyperglycemia
Preventing hyperglycemia
Insulin and insulin regimens
Insulin
Insulin therapy in school
Assistance with insulin injections
Types of insulin
Common insulin regimens
Sliding scale
Storage

Insulin delivery devices

Syringe and vial
Syringe sizes and needle gauges
Injection locations
Air bubbles
Reducing risk of needle sticks
Insulin pens
Needle phobia
Injection tips
Managing injection pain
Insulin pump delivery
Sharps disposal
Diet and nutrition
Exercise and physical activity
Psychosocial issues
Disaster preparedness
Insulin pump therapy
Sharps disposal

Diet and Nutrition

Carbohydrates, protein, and fat (review)
Carbohydrate and insulin relationship
Matching insulin dose to carbohydrate
Quantifying carbohydrate consumption
Ensuring success with the exchange system
Food labels
Fast food
School food service directors
Meal-time insulin dosing
Fixed dosing
Flexible dosing
Insulin to carbohydrate ratio
Post-meal insulin
Insulin timing (long lunch lines)
Glycemic index
Glycemic load
Exercise and Physical Activity
Importance of physical activity
Preventing hypoglycemia
Ketones
Intense exercise

Staff awareness
Delayed onset hypoglycemia
Exercising safely (review)
Psychosocial Issues
Emotional impact of diabetes
Caregiver attitudes
Self-care readiness
Discipline
Siblings
Participation in school activities
Privacy
Stress and depression
Eating disorders
Diabetes camps
Socioeconomic barriers
Sources of assistance
Disaster Preparedness
Optimal diabetes management
Disaster can strike at any time
Diabetes emergency supply kit
Meal and snack schedule
No testing supplies
Dehydration
Emotional well-being
Insulin Pump Therapy
Insulin pump models
Insulin pump basics
Advantages
Common problems
Insulin injection backup plan
Exercise and activity
Disconnecting from the pump
Changing insulin and infusion sets

Level 3

Continuing Nursing Education (CNE)*

Time: Approved for 6 Contact Hours

Level 2 +

Laws and legal issues

Federal laws
Section 504 and 504 plans
ADAAA
IDEA
FERPA

Additional Requirements for CNE

CNE Pre-Test
CNE Final Exam
CNE Evaluation