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| DIABETES ACTION PLANManageBGL Logo**[full name] Age: [age] Grade: [grade]**[first]’s diabetic profile is managed using *Manage BGL****BGLs, Carbs and Insulin*** must all be entered into the program[http://www.managebgl.com/ez/[share code]](http://www.managebgl.com/ez/%5Bshare%20code%5D) ***Advantages of ManageBGL**** *Immediate information and advice about [first]’s diabetic status*

Insertphoto here* *Predictability of Low and High Blood Glucose Levels (BGLs)*
* *Continual shared knowledge between parents and staff*
 | **MANAGEMENT FOR WHEN WIZARD IS NOT ACCESSIBLE**Record all readings and actions in record bookDo not send [first] to the Health Centre – treat on the spot |
| ***In case of Low Blood Sugar Level*** *BGL < 4.5 or the reading “LO”***Do this…**

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| --- | --- |
| If 3.0 – 4.5 | Give 2 jelly beans |
| If 2.0 – 2.9  | Give 3 jelly beans |
| If 1.0 – 1.9 | Give 4 jelly beans |
| If “LO” | Give 5 jelly beans |

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| ***If BGL Low before Physical Activity or Sport*** **Do this…**

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| If 4.0 – 8.0 | Give 3 jelly beans and continue with activity |
| If 3.0 – 3.9  | Give 4 jelly beans Wait 10 mins then join activity |
| If 1.0 – 2.9 | Give 5 jelly beansWait 10 mins then join activity |
| If “LO” | Give 6 jelly beansWait 10 mins then join activity |
| **REPEAT BGL AFTER SPORT** |

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| ***WHEN TO TEST Blood Glucose Level (BGL) The Wizard will provide the necessary instructions to manage BGL reading once taken*** |
| **Prior** to & **After** physical activity/sport - this does not include swimmingIf **[first]** indicates that they ***‘feel low’*****After** treatment for a Low BGL**Prior** to fruit snack/ recess | ***Click Add BGL on Home Page******Add BGL.jpg*** | ***Add BGL screen.jpg*** |
| ***In case of High BGL -*** *BGL >15 or the reading “HI”* **Do this…*** **May continue with normal activity**
* **If BGL above 15 contact parents for instructions**
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| **IMPORTANTAfter entering BGL if fruit snack, recess or afternoon snack Carbs must be entered** | ***Click Add Carbs on Home Page******add carbs.jpg******Select type from drop down list*** | ***carbs entry.jpg*** |
| **MANAGMENT NOTES**[first]’s back pack must accompany them at all timesThe Jelly Beans administered must *only* be from her supply in the backpack[mobile phone and how to use e.g. how to unlock] For any emergency management do not leave [first] alone – adult supervision is required at all times.If the Health Centre is not available then call [teacher or nurse initials] |
| ***LUNCH TIME MANAGEMENT*** *Prior to lunch [first] to attend the Health Centre for a BGL check and insulin injection.* ***Use the Wizard to record BGL and Carbs and calculate the insulin dose*** |
| ***Select Wizard from screen******Record BGL******If appropriate select Carbs******Press Calculate*** | ***wizard screen.jpg*** | ***The insulin dose to be delivered will be displayed.*** *This can be rounded up or down* | ***CONTACTSHealth Centre*** [numbers]**Mum** [numbers] **Dad** [numbers] **[Teacher/Nurse Initials and Extension numbers]** |