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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*   Insert photo 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 book  Do 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…**   |  |  | | --- | --- | | 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 | |
| ***If BGL Low before Physical Activity or Sport***  **Do this…**   |  |  | | --- | --- | | 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 beans  Wait 10 mins then join activity | | If “LO” | Give 6 jelly beans  Wait 10 mins then join activity | | **REPEAT BGL AFTER SPORT** | | |
| ***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 swimming  If **[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** |
| **IMPORTANT After 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 times  The 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* | ***CONTACTS Health Centre*** [numbers]  **Mum** [numbers]  **Dad** [numbers]  **[Teacher/Nurse Initials and Extension numbers]** |