

Diabetes Medical Management Plan

Student's Name _____ ID# _____ School Year _____

Blood Glucose Monitoring

Target range for blood glucose is: 70-150 70-180 Other _____

Usual times to check blood glucose _____

Times to do extra blood glucose checks (*circle all that apply*)

- before exercise
- after exercise
- if student has symptoms of hyperglycemia or hypoglycemia

Insulin

Usual Lunchtime Dose

Base dose of Humalog/Novolog /Regular insulin at lunch (*circle type of rapid-/short-acting insulin used*) is _____ units or does flexible dosing using _____ units/ _____ grams carbohydrate.

Use of other insulin at lunch: (*circle type of insulin used*): intermediate/NPH/lente _____ units or basal/Lantus/Ultralente _____ units.

Insulin Correction Doses

- _____ units if blood glucose is _____ to _____ mg/dl
- _____ units if blood glucose is _____ to _____ mg/dl
- _____ units if blood glucose is _____ to _____ mg/dl
- _____ units if blood glucose is _____ to _____ mg/dl
- _____ units if blood glucose is _____ to _____ mg/dl

For Students With Insulin Pumps

Type of pump: Basal rates: _____ 12 am to _____
_____ to _____

Type of insulin in pump: _____

For Students Taking Oral Diabetes Medications

Type of medication: _____ Timing: _____

Meals and Snacks Eaten at School

<i>Meal/Snack Time</i>	<i>Food content/amount</i>
Mid-morning snack	_____
Lunch	_____
Mid-afternoon snack	_____

- Snack before exercise? Yes No
- Snack after exercise? Yes No

Exercise and Sports

Restrictions on activity, if any: _____

Student should not exercise if blood glucose level is below _____ mg/dl or above _____ mg/dl or if moderate to large urine ketones are present.

Signatures

Parent Signature _____ Date _____

Physician signature _____ Date _____

Address _____

Phone Number _____