**TREATMENT GUIDELINES FOR HEALTH STAFF**

**DIABETES (TYPE I/II)**

Authorized health and wellness staff may treat diabetes as follows:

1. All students with newly diagnosed diabetes and all newly enrolled students who report that they have diabetes should be referred to the center physician as soon as possible. If the center physician is not on center at the time of the discovery of diabetes, he/she should be called in order to discuss what is known about the student prior to the appointment.
2. Each student with diabetes should have a chronic care management plan developed which includes at least the following:
   * The insulin or oral hypoglycemic medication dose and administration schedule
   * The prescribed meal plan to include appropriate snacks
   * The recommended activities/exercise program

* + Healthy sleep hygiene and minimal stress are recommended
  + The blood glucose self monitoring plan
  + The schedule of follow up in the health and wellness center
  + The medical monitoring plan, including glycohemoglobin measurements, urine microalbumin screening, and annual ophthalmologic evaluation.
  + Documentation of which staff have been notified about the student’s diagnosis
  + A specific plan of how to manage the student if he/she becomes sluggish, confused, or disoriented (i.e., may have excessively low or high blood sugar – and whom to notify immediately)

# WHEN TO REFER TO THE CENTER PHYSICIAN

* If the student has newly diagnosed diabetes or newly enrolled and reports that he/she has diabetes
* Students with diabetes should be monitored immediately once the diagnosis is identified and at least twice weekly thereafter until the student’s condition is stable.

**Refer to the Diabetes Chronic Care Management Plan for additional guidance.**