

# School Nurse Diabetes Management Check List

School District #: \_\_\_\_\_

School District Name: \_\_\_\_\_

Incorporating EBP to guide school nursing practice is essential in ensuring student's receive optimal nursing care. EBP in the school setting provides the student the care needed to achieve optimal health, reduce chronic absenteeism and allow the student to reach their full academic potential.

This checklist was developed by the School Nurse Advisory Council (SNAC) to assist the registered nurse in identifying school nursing "evidence based practices (EBP)," relative to **IDDM** management in the school setting. Please mark a "yes or no" response related to **IDDM** management EBP in your district school nursing practice in the three grade levels noted (PreKg/Elementary; Middle School; High School). *Indicate "Yes" if routinely done for EVERY student(s) with **IDDM**. Indicate "No" if not routinely done for every student with **IDDM**.* Your responses will assist in the development of additional training and tools for school nurses in our state, so please answer as accurately as possible.

Also, please list any "barriers" (*issues that prevent you from*) or "facilitators" (*what works well or enhances your diabetes management*) in implementing these **IDDM** EBP, which will provide valuable information in the current use and perceived needs of incorporating EBP in your district's school setting. Please refer to the "**Key Terms**" below for additional information as you complete the checklist.

## Key Terms

DMMP	Diabetes Medical Management Plan
EAP	Emergency Action Plan
EBP	Evidenced Based Practice
HCP	Healthcare Provider
IEP	Individualized Educational Plan
IDDM	Insulin Dependent Diabetes Mellitus
IHP	Individualized Healthcare Plan
UAP	Unlicensed Assistive Personnel

Please note the number(s) of students in your school district who currently have the diagnosis of IDDM in your school district?

\_\_\_\_\_ PreKg/Elementary

\_\_\_\_\_ Middle School

\_\_\_\_\_ High School

<b>NURSING ASSESSMENT AND DATA COLLECTION</b>			
<b>EVIDENCED BASED PRACTICE</b>	<b>YES/NO PreK - Elementary</b>	<b>YES/NO Middle School</b>	<b>YES/NO High School</b>
Conduct a case finding for <b>EVERY</b> student with diabetes by reviewing data from a variety of sources (health history/intake/registration, physical exam forms, etc.)			
Send home and/or mail/email to the parent/guardian, the * Diabetes Questionnaire for additional info. (or other form of written communication to obtain additional health information specific to student IDDM management).			
Communicate with parent/guardian for release of health information to obtain healthcare provider (HCP) orders and student medical history.			
Obtain, on an annual basis, ** Diabetes Medical Management Plan (DMMP) from HCP to determine if student's diabetes is under control and to assist with developing IHP and EAP (for hypoglycemia, hyperglycemia, and pump problem solving as applicable). (NASN, HANDS 2011)			
***Perform a <b>nursing assessment</b> for baseline information and to assess the student's knowledge and ability to self-manage, with consideration of language, age and developmental needs.			
****Conduct an assessment of student competence - ( <b>Diabetes Care Tasks</b> ).			
Incorporate information obtained from DMMP into student IHP.			

<b>NURSING DIAGNOSIS/IHP/GOALS &amp; OUTCOMES</b>			
<b>EVIDENCED BASED PRACTICE</b>	<b>YES/NO PreK - Elementary</b>	<b>YES/NO Middle School</b>	<b>YES/NO High School</b>
Establish nursing diagnoses based on assessment data.			
Summarize progress toward identified goals, outcomes, and education on IHP annually.			

<b>PLANNING</b>			
<b>EVIDENCED BASED PRACTICE</b>	<b>YES/NO PreK - Elementary</b>	<b>YES/NO Middle School</b>	<b>YES/NO High School</b>
Verify that each student with diabetes has a DMMP on file.			
An evidenced-based IHP has been written in coordination with student, family, and need-to-know school staff. The IHP promotes continuity, is culturally sensitive, and includes a strategy for evaluation.			
Identify and train UAP staff on the EAPs for ALL students with diabetes.			
Develop a plan for emergencies/disasters, field trips and when the nurse is not available.			
Participate in the IEP or 504 process, if accommodations are needed.			

<b>IMPLEMENTATION</b>			
<b>EVIDENCED BASED PRACTICE</b>	<b>YES/NO PreK - Elementary</b>	<b>YES/NO Middle School</b>	<b>YES/NO High School</b>
Provided direct care, per HCP orders and delegated to UAP(s), if needed, per Kansas Nurse Practice Act.			
Ongoing assessment for student specific diabetes management including monitoring effects, and/or administering medication(s).			
Documented all health care provided.			
Trained and provided ongoing support, monitoring and supervision to delegated staff (UAPs).			
Ongoing collaboration with student, family, school & HCP to make sure student's diabetes is managed in a safe & effective way.			
Assessed and monitored student's current feelings regarding having diabetes with appropriate resources and referrals as needed.			

<b>EVALUATION</b>			
<b>EVIDENCED BASED PRACTICE</b>	<b>YES/NO PreK - Elementary</b>	<b>YES/NO Middle School</b>	<b>YES/NO High School</b>
Reviewed and modified IHP & EAP as needed.			
Monitored student health room visits, diabetes management logs for blood glucose out of goal range, student absences, and student academic progress to evaluate if nursing goals and student outcomes are being met.			
Routine supervision/monitoring and re-evaluation occurs on a regular basis (ie every month, quarter, semester).			
Evaluated student adherence to IHP and DMMP, with revisions to plan to assist student with improved outcomes.			
Assessed student(s) to ensure emotional, cultural, developmental and language needs are addressed.			
Assessed adequacy of student diabetes management resources and provided referrals as appropriate.			

\* The **Diabetes Questionnaire**, or other form of written communication to obtain additional health information specific to diabetes management, is given to students with diabetes:

- Annually
- To newly diagnosed or identified students
- Who takes medications on a routine basis; including those who self-carry/manage
- Where more information is needed
- In Poor Control

\*\* **Diabetes Medical Management Plan:**

- Completed by HCP at least annually and revised as needed throughout the school year
- Incorporate HCP orders into IHP and EAP

\*\*\* **Nursing Assessment (Baseline Information):**

- Physical Assessment (e.g., visual inspection, symptom review, injection site observation).
- School variables (e.g., learner performance; ability to function in PE, sports, socially; attendance patterns)
- Family support
- Environmental variables (e.g., home, school)
- Resources (e.g., health insurance, transportation, finances, access to Healthcare Provider)

- Emotional/Social status (e.g., student’s reaction to illness; evidence of abuse/neglect)
- Student competence and degree of independence with diabetes management care tasks

\*\*\*\* **Assessment of Student Competence (Diabetes Tasks)**

- Blood Glucose Monitoring
- Ketone Testing
- Administration of Insulin and other medication, including pump care
- Recognition and treatment for hypo and hyperglycemia
- Breakfast, lunch and snack times with carbohydrate counting
- When to adjust care for regular physical activity
- Planning for events OUTSIDE of the USUAL school day
- Management of hazardous waste

Note any <b>barriers</b> ( <i>issues that prevented you from</i> ) incorporating the evidenced based school nurse practice for diabetes management:		
PreKg/Elementary:	Middle School:	High School:
Empty space for PreKg/Elementary	Empty space for Middle School	Empty space for High School

Please note **facilitators**: What worked well for your school nursing practice in diabetes management? *This could also include any solution(s) to barriers that you identified.*

PreKg/Elementary:

Middle School:

High School:

\*\*\* \*\*\*\* National Association of School Nurses, 2011. Helping Administer to the Needs of the Student with Diabetes in Schools. NASN, 1100 Wayne Ave, Ste #925, Silver Spring, MD 20910.