

WHAT EVERY EDUCATOR SHOULD KNOW ABOUT DIABETES

Recently one of our students was diagnosed with Type 1 diabetes. The following memo will outline some of the implications of being diabetic and how you should react to a student who has this condition.

The main danger arises from blood sugar levels being too low, called hypoglycemia, and this can happen at any time but most likely during or after exercise. When this occurs the following may happen, more or less in order of seriousness:

- He/she may feel tired, listless or be abnormally irritable;
- He/she may appear pale;
- He/she may appear uninterested or vague;
- He/she may become confused;
- His/her speech may become slurred or unintelligible;
- He/she may be unable to walk or stand;
- He/she may be completely unresponsive;
- He/she may become unconscious.

Because of his/her diabetes he/she needs to be given permission to:

1. Eat or drink whenever he/she needs to;
2. Go to the toilet whenever he/she needs to;
3. Do blood tests whenever he/she needs to.

We therefore appeal to you to please keep an eye out for him/her and to engage him/her if he/she is wandering around and displays any of the above symptoms.

Because of the effect of exercise on blood sugar levels, he/she should be monitored particularly carefully during and after exercise. For example, he/she should never be left unattended at the sports field waiting to be picked up.