

**Patient Information**

**Paediatric Diabetes**

**Going on a Residential Trip with Diabetes**

Going on a trip with school or a youth group and your friends is exciting. However there are one or two things you must think about when you have diabetes.

Most of the trips you will go on with school may involve more exercise than usual, especially if you are going to an organised activity centre.

This means that your blood sugars are likely to go down and that you are more at risk of hypos, so it is very important that you take some precautions to stop this happening and spoiling your trip.

Your Diabetes Nurse will help you work out how much insulin you should have while away on the trip as usually you need less.

**Write it down here:**

**Normal insulin names, time given and doses**

.....  
 .....

**Insulin names, time given and dose during the trip**

.....  
 .....

Carry your insulin supplies and equipment in a suitable labelled plastic container and keep with your belongings at all times. Only take what you need plus one small cartridge as a spare so that you don't have to keep it in the fridge.

Don't forget to do your insulin injections as it would make you very poorly and spoil your trip.

Make sure you safe clip all your needles and carry them home with you in a container. You are responsible for your equipment and should not share needles or test any of your friends blood sugars if they ask you to.

**Food**

- It is also important that you make sure that you have a good breakfast, lunch and tea with lots of starchy carbohydrate. Remember a mid morning and mid afternoon starchy snack if you usually have one – ask the teacher to remind you. Supper is **very** important when you have had an active day.
- If you are carbohydrate counting and you are not sure about how much you are eating because the food is different take your list of foods with you to help you. Make a good guess at how much carbohydrate you are eating and work out how many units you need to take. You can always ring your parents or your diabetes nurse if you are not sure what to take. If you have discussed reducing your doses at meal times with your diabetes nurse you can then think about reducing meal doses by \_\_\_\_\_ units if you are going to be very active after your meal.

- If you are staying up later than usual which usually happens as it is all part of the fun, then you need to make sure you have an extra snack every 2 hours until going to sleep as you will have used up more energy by being awake longer! Make sure you have your hypo kit close at hand just in case you need it in the night.
- If you are doing a very active activity that involves running around then you should take your usual exercise snack such as a 1-2 Jaffa cakes or 2 or 3 chewy sweets before the activity.
- Always make sure that you have a hypo kit and some starchy snacks and exercise snacks with you at all times (this could be left in a small rucksack with a teacher nearby when doing things like abseiling or climbing). This should include something sweet such as Lucozade, Cola or Dextrose Tablets and something starchy such as plain biscuits, crisps or a Tracker Bar. It might be handy to carry your blood testing meter too. Glucogel can be in this kit for your teacher to use in case you have a bad hypo.
- If there is a pudding after dinner or an ice cream treat one afternoon, then because of all the extra exercise it will be OK to have these.
- Make sure that all you have to drink has **no added sugar**.

### Blood Testing

Try to do a blood test before each meal and especially before you have supper and go to bed.

This will give you an idea of if your insulin dose is right

- **If your blood sugar is 4 mmol/l or below on going to bed, then think about reducing your \_\_\_\_\_ insulin by \_\_\_\_\_ units**
- **If your blood sugar is 4 mmol/l or below on getting up, then reduce your \_\_\_\_\_ insulin by \_\_\_\_\_ units**
- **If your blood sugar is below 7 mmol/l before your supper then make sure you eat extra starchy food such as an extra slice of toast or cereal to make sure you don't go low in the night.**

If you have a blood sugar of 17mmol/l or above you should check for **ketones**. If there are no ketones and you feel well carry on as normal. If ketones are present or you feel poorly, you will need to speak to your parents or your Diabetes nurse for advice as this is a sign that you need more insulin. You should also rest, drink a glass full of no added sugar drink every hour and increase your blood glucose and ketone testing until your ketones have disappeared. Make sure you tell your teacher if you are having problems so that they can help you.

### Treating Hypoglycaemia

Symptoms of "Hypos" can include: Pale, Shaky, Wobbly, Sweaty, Sleepy, Hungry, Confused, Lethargic, Headache, Tummy ache.

Personal symptoms are:.....

The young person will keep treatment in an **emergency box** of supplies that is kept in her **classroom / at first aid/ on their person** .....

**Never send the young person of on their own to treat a hypo – they should be accompanied until they have treated it and feel better when they can then return to class.**

**Treatment of symptoms:**

1. Give 50mls Lucozade or 100ml Ribena carton or cola (non diet) or 3 Dextrose tablets.
2. Wait 10-15 minutes and re test
3. If no better or blood glucose level not above 4mmol/l, repeat step one.
4. When feeling better give 1-2 biscuits or a similar starchy snack or meal if due

**Care in an emergency**

- If too sleepy or confused to take glucose by mouth, use **Glucogel**.
- Squeeze a small amount of **Glucogel** into the side of the mouth, this will naturally be swallowed.
- Continue this until fully alert (this may take the whole tube).
- Once alert, give Lucozade/Dextrose tablets and food as in steps 1-4 above.

**If unconscious, DO NOT ATTEMPT TO PUT ANYTHING IN THE MOUTH. CALL 999.**

If you remember these points you should have a great trip, and have very few hypos, hopefully non at all. And last but not least have fun!

**Parents Phone Number:** .....

**Diabetes Nurses**

<b>Redditch and Bromsgrove:</b>	Diane Cluley - 07786981146
<b>Worcester:</b>	Esther Harrison - 07879440181
<b>Kidderminster:</b>	Vicki Howard - 07881787239