



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

School Life & Diabetes



Are there any basic concepts that the school administration should know?

Yes, there are some basic concepts and general guidelines that the school administration should know, as diabetes is one of the diseases that the patients can adapt and coexist with, so they must be provided with educational brochures about diabetes.



Diabetes is not contagious, and children with diabetes should be treated like others. They can also participate in all school activities, including sports activities and school trips, in addition to inform those whom around the child with his/her health case.



Most children with diabetes have type 1 and are treated with insulin injections. Pills may be used in some cases, but rarely.



What are the instructions when exercising?

Exercise helps in treating diabetes, but within specific standards that the physician specifies. The instructions may include:

1. When the child participates in physical activities for long periods such as football, make sure that the child has a snack before training and given another meal if the exercise continues for more than an hour.
2. When the child participates in swimming exercises, he/she should be watched by an adult swimming expert.
3. If the participation was pre-planned, it is possible to reduce the dose in the morning of participation day after consulting the doctor.



What are the instructions when exercising?

4. Diabetic children may experience coma because of low or high blood sugar levels. Therefore, the child should be taught how to distinguish between the signs of high and low blood sugar levels.



Do exams affect blood sugar levels?

School exams may have a slight effect on blood sugar, and this may be due to the psychological factor, which causes high or low blood sugar if meals are not taken on time.



When Hypoglycemia occurs?

This occurs in case of:

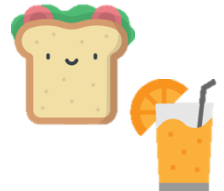
- Irregular meals



- Insulin intaking without food



- Tiring sport exercises without snacks



like; orange juice, sandwiches, or

biscuit

What are the symptoms of low blood sugar?



Tension, anxiety, or stress



Shiver and sweat



Blurred vision



Feeling dizzy and cold



Coma and cramps

How to treat Hypoglycemia?

- In case of initial symptoms give the child 120ml can of juice, or candy piece, or sugar
- After 10 minutes, give the child a meal contains carbohydrates like a loaf or cheese, then he/she could easily continue his/her school day.
- In case of fainting or gramps, put honey in the child mouth till recovery, then give him/her juice



Note:

The child should have juice in his/her school bag daily to be cautious in emergency cases.

What are the symptoms of hyperglycemia?



Excessive urination

Excessive thirst



Abdominal pains

Vomiting



Coma

Final advices:

In case of fatigue emergence on the child please tell his/her parents immediately and cure the low/high sugar level. And in case of school picnics, journeys or trips make sure the diabetic child is equipped by the requested cure tools, as teachers should be trained for treating such cases.

The diabetic child must carry diabetes card to ease contacting the parents or the physician if anymore.



Sources and References:

American Diabetes Association, ADA

Review and Audit:

The content of this booklet is reviewed by
Diabetes Unit Consultants at King Fahd University
Hospital.

Health Awareness Unit

IAU-20-14



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University