

Keeping Kids with Diabetes Safe at School

Carol Dixon
Senior Manager, Mission Delivery
American Diabetes Association



The American Diabetes Association
thanks Novo Nordisk
and Medtronic
for their support of this
Safe at School Workshop



ADA Mission

To prevent and cure diabetes and improve the lives of all people affected by diabetes.

We deliver mission through:

- Research
- Information & Support
- Advocacy & Public Awareness

Research



Research for cure and care

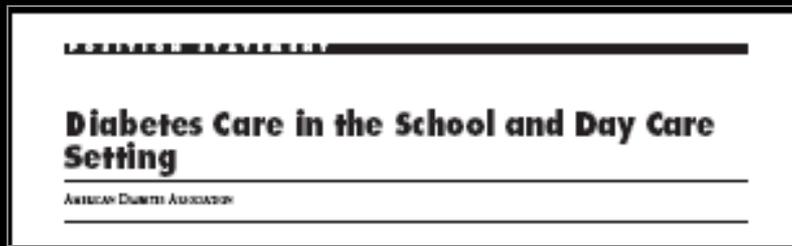
- Support the best and brightest diabetes researchers
- Support innovative, groundbreaking diabetes research
- Advocate for federal research funds



Information

Ensuring that Research Makes a Difference

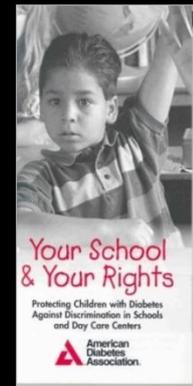
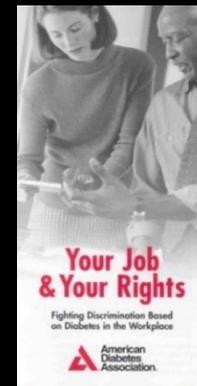
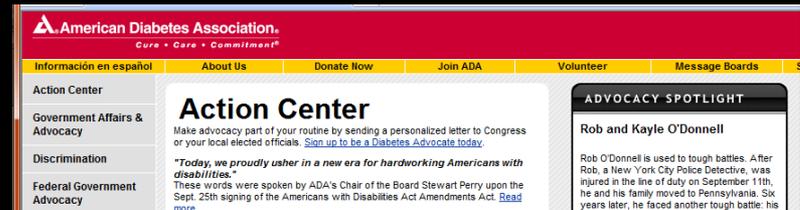
- Professional Journals & Web content
- Professional Education Seminars
- Consumer Publications & Web content
- ADA Professional Standards



Advocacy

- Federal Government Affairs
 - State Government Affairs
- Advocacy Action Center - <http://advocacy.diabetes.org>

- Legal Advocacy
 - Employment
 - Schools
 - Public Accommodations
 - Law Enforcement



American Diabetes Association Family Link

Parenting is a 24/7 job.

Managing diabetes is another 24/7 job.

That's why the ADA supports families
of children with diabetes.

Everyday.



Most parents never imagined needing our help,
but when they do, we're there...
with expert guidance, peer support, and practical tools.

Supporting Families at Diagnosis Supporting Growth to Self-Management

- Everyday Wisdom Kits - a fun way to learn
- Family Link Community Events & Mentors
- Diabetes Camp
- Web Communities:
- National Call Center
- Publications for Families

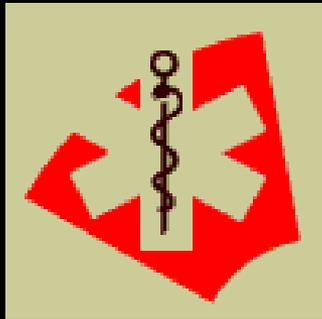


Session Goals

- Safe at School Campaign Goals and principles
- Realities of diabetes at school
- Understanding of child and parent's rights under federal laws and role of state laws and regulations
- Development of 504 and health care plans
- Resources



ADA Safe at School Campaign Goals



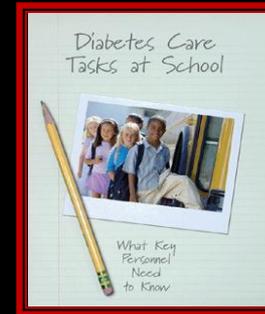
Children with diabetes are medically safe at school

Children with diabetes have the same access to educational opportunities as do other children



Safe at School Campaign Principles

All school staff members need to have a basic knowledge of diabetes and know who to contact for help.



The school nurse is primary provider of diabetes care, but other school personnel must be trained to perform diabetes care tasks when the school nurse is not present.

Students should be permitted to carry diabetes supplies whenever they are at school or school-related activities.



Safe at School Principles Endorsed by:

American Academy of Pediatrics

American Association of Clinical Endocrinologists

American Association of Diabetes Educators

American Diabetes Association

American Dietetic Association

Children With Diabetes

Disability Rights Education and Defense Fund

Juvenile Diabetes Research Foundation

Lawson Wilkins Pediatric Endocrine Society

Pediatric Endocrinology Nursing Society



School & Diabetes

- Diabetes care is 24/7
- Child with diabetes cannot take a break
- Smooth transition from home to school
- Access to equipment, medication, and assistance is essential
- Development of written care plans

Team Approach to Achieve

- Parent
- Student
- Student's health care provider
- School nurse as facilitator and coordinator of care
- School administrator
- Teachers
- Other school personnel



Parent/Guardian Role/Responsibilities



- Obtain DMMP or physician's orders for school
- Provide equipment, supplies, food
- Educate school nurse and other school staff members about child's individual needs
- Help school nurse arrange for training
- Be accessible to school
- Develop 504, IEP, or other written education plan
- Encourage age and skill appropriate self-care for child
- Approach in the spirit of cooperation

School Role/Responsibilities

- Implement DMMP or physician's order
- Understand and comply with laws
- Work with parent to develop 504 Plan, IEP, or other written education plan
- Train school staff
- Provide resources to school nurse
- Communicate with parent



Who has faced discrimination because of diabetes?

Hunter



Celeste



Devin



Connor



Laws to Help Achieve School Diabetes Care Goals

- Americans with Disabilities Act (ADA)
- Section 504 of the Rehabilitation Act of 1973
- Individuals with Disabilities Education Act
- State laws



ADA and 504 - Definition of Disability

To be protected by ADA/504 the student must have a disability, defined as:

- a physical or mental impairment that **substantially limits one or more of major life activities** (includes endocrine function)
- a record of such an impairment, or
- being regarded as having such an impairment.

This includes children with diabetes.

Americans with Disabilities Act (ADA)



- **Covered schools:** public, private, schools and day care centers
- **Not covered:** religious institutions (unless they receive federal funds)
- **Requirements** - Schools must: make reasonable changes in practices and policies to:
 - avoid discrimination
 - afford equal opportunity

Section 504

- **Covered schools:** All public schools and private schools that receive federal financial assistance.
- **Requirements** - Schools must:
 - Identify children with disabilities.
 - Provide free and appropriate public education (FAPE).
 - Educate children with disabilities with other students as much as possible.
 - Allow parental participation in decisions.
 - Provide equal opportunity to participate in nonacademic and extracurricular activities.



Section 504 - Securing Eligibility

Students with diabetes are eligible for 504 protection and services.

- Individual assessment is required
- A physician's note should be enough:
 - Indicating child's diagnosis
 - Specifying limitation of endocrine function as disability
 - Can also explain other major life activities that are limited when child experiences hypo- or hyperglycemia

IDEA - Education Law

- Disability **MUST** adversely interfere with academic performance
- Assessment must show student needs special education and related services in order to benefit from an education.
- Students must receive a free and appropriate education in the least restrictive environment.
- Team that includes parents, special education experts, and school staff develop Individualized Education Program (IEP) which outlines plan to achieve specific educational goals.
- Well defined due process protections

Eligibility Under IDEA

Students with diabetes may qualify in one of two ways:

1. If another disability - other than diabetes - limits learning/academic progress
2. If diabetes limits learning/academic progress

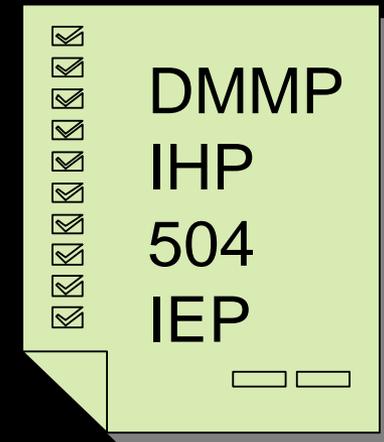
Students who qualify under IDEA are also covered by ADA/504, but do not need a separate 504 plan.

Review: Comparing the laws

- **Section 504:** public and private school receiving federal funds; the major life activity substantially limited does not need to be learning.
- **ADA:** same as 504, except covers daycares and camps; does not cover religious affiliated schools/programs unless federal funds received.
- **IDEA:** special education law; must demonstrate that diabetes or another disability adversely impacts ability to learn and to progress academically.

Written Plans

- Diabetes Medical Management Plan (DMMP)
- Individual Health Plan (IHP)
- Section 504 Plan (504)
- Individualized Education Program (IEP)



Diabetes Medical Management Plan (DMMP)

- Document developed and signed by child's health care provider.
- Also named: health care plan, diabetes care plan or physician's orders
- Sets out the child's school diabetes care regimen.
- Used as a basis for development of IHP, Section 504 Plan or other written education plan.
- Should be updated annually or if the child's regimen, level of self-management, or school circumstances change.

Implementing the DMMP at School

To ensure the child's health and learning needs are met:

- Families should work with the school nurse and other school staff to create a written education plan
- The plan should address both medical management and potential impacts on participation or attendance.
 - For most, a 504 Plan may be most appropriate
 - If diabetes or other disability interferes with learning, an Individualized Education Program (IEP) may be most appropriate

Individualized Health Care Plan (IHP)

- Developed by the school nurse in collaboration with health care provider and parent/guardian
- Based on the DMMP
- Incorporates an assessment of the school environment and the student
- Used to outline the diabetes management strategies and personnel needed
- Should include an abbreviated emergency care response plan distributed to relevant staff
- No legal protections, unlike 504 plan or IEP

What Is a Section 504 Plan?



A written document where the parents and school specify services and modifications that the student needs.

Each child with diabetes has individual needs.
504 Plan should be individually developed.

504/IEP Plan - Possible Contents

- Recognition and prompt treatment of hypoglycemia and hyperglycemia:
 - by trained school personnel.
 - during school day, field trips, and extracurricular activities.
- Immediate access to diabetes supplies and equipment.
- Access to snacks, water and bathroom.
- Classroom blood glucose monitoring.

504/IEP Plan may also include...

- Adherence to care schedule (routine blood glucose testing, insulin administration, meals and snacks eaten on time).
- Reasonable time/instruction to make up assignments and tests missed due to diabetes.
- No penalties for absences due to diabetes (illness/doctor's appointments).

Quick Review: Making Sense of the Alphabet Soup



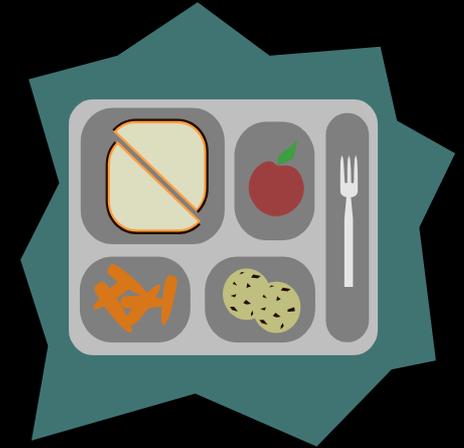
School Plans for Diabetes Management

Plan	What it covers	Who writes it
DMMP	<i>“Doctor’s Orders”</i> – details all aspects of routine and emergency diabetes care.	Health care team.
504 Plan IEP Team	<i>Education plans</i> - details both health care and educated related aids, services, accommodations, and special education services the student may need.	504 team IEP team
IHP	<i>School nursing care plan</i> - specifies how diabetes care as prescribed in the DMMP will be delivered in the school	School nurse
Quick Reference	<i>Resource/Tool for school staff</i> - how to recognize and treat hypo or hyperglycemia	School nurse

Other Considerations

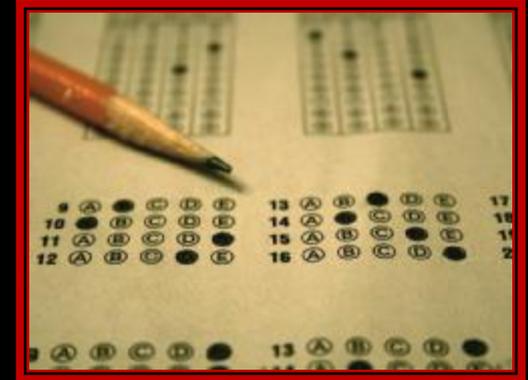
- School Menu
- College Boards and Standardized Tests
- Post Secondary Education

School Menu



- Refer to USDA Guidance
- Schools must make food substitutions or modifications for students with disabilities
- Address menu and carb counts in your child 504 Plan or IEP
- Work with your school nurse and a dietician to calculate carb counts if not already provided

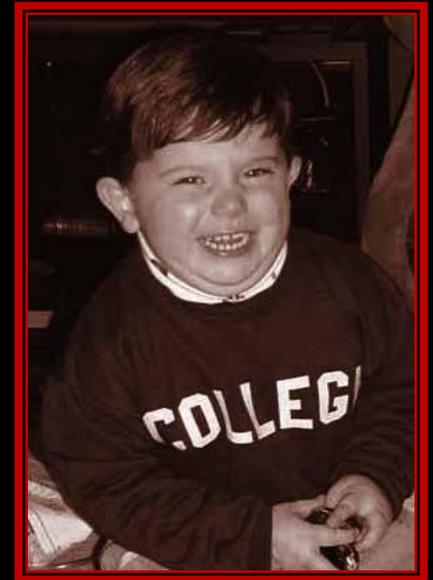
College Boards



- PSAT, SAT, AP Tests
- Complete Student Eligibility Form
- Must provide documentation which should include 504 plan
- Typical accommodations for students with diabetes include frequent breaks, longer breaks, access to supplies and snacks

Post-Secondary Rights

- Compliance with Section 504 and ADA
- FAPE not required
- No identification requirement
- Must provide academic adjustments so that it does not discriminate because of student's diabetes
- Documentation required - high school 504 plan is not enough



State Laws And Regulations

- Regardless of state and local laws, requirements of federal laws must be met.
- Some states, including Indiana, have passed school diabetes care legislation.
 - Schools are required to provide volunteer health aides
 - Students are permitted to carry diabetes supplies at anytime for a school related activity
 - Parents cannot be required to attend any school function
 - School must be ensure care for the student

Challenges Facing Students With Diabetes



- Failure to have trained staff to assist students with diabetes.
- School's refusal to administer insulin.
- School's refusal to administer glucagon.
- No coverage during field trips and extracurricular activities.
- School's refusal to permit blood glucose checks outside of the health clinic or office.
- Sending child to "diabetes school."
- School's refusal to allow a student to attend the school at all.

Goal: Full Time School Nurse?

ADA supports goal of full time nurses



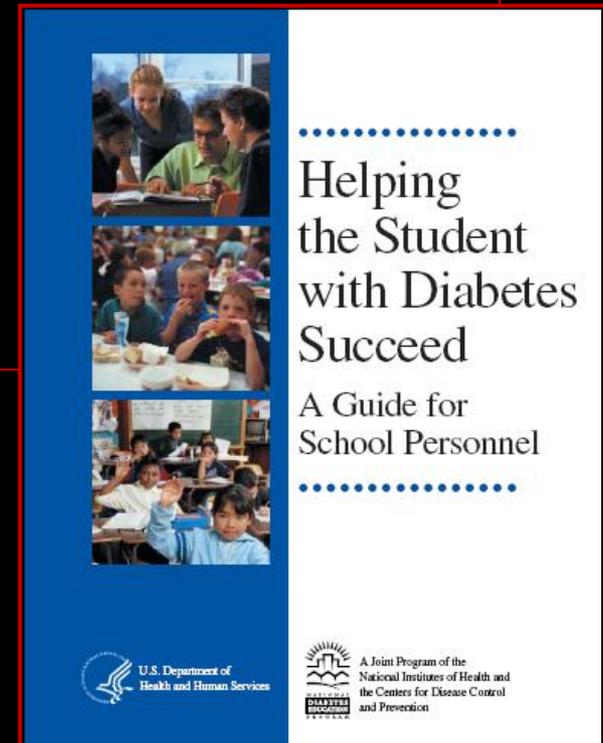
- Most schools do not have a full-time school nurse.
- Even a full-time school nurse is not at all places at all times.
- The needs of students with diabetes must be met.
- ADA supports a safe model that utilizes trained school personnel in the absence of a school nurse.

Education Resources

- American Diabetes Association Position Statement: Care of Children with Diabetes in the School and Day Care Setting
- For Parents: ADA School Discrimination Packet
- National Diabetes Education Program (NDEP): Diabetes in Schools Initiative
- ADA Diabetes Care Tasks at School: What School Personnel Need to Know:
www.diabetes.org/schooltraining

Resources You Can Use

NDEP "Helping the Student with Diabetes Succeed:
A Guide for School Personnel":
www.diabetes.org/discrimination

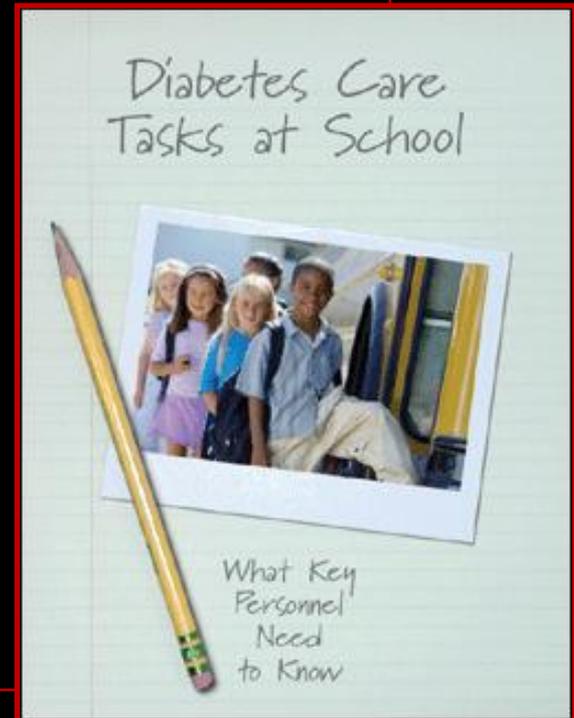


Resources You Can Use

Diabetes Care Tasks at School: What School Personnel Need to Know:

www.diabetes.org/schooltraining

ADA training modules and video to be used by health care professionals to train school personnel in diabetes care tasks.



Helping Administer to the Needs of the Student with Diabetes in School

- A Program for School Nurses presented by the National Association of School Nurses

Goal: To provide the school nurse with the *knowledge, skills & resources* to facilitate safe and effective diabetes management at school



www.nasn.org

THANK YOU

For more information:

Carol Dixon

cdixon@diabetes.org

317-352-9226