

WHAT IS DIABETES?

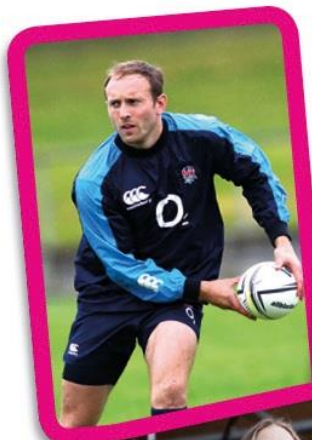
**TYPE 1
DIABETES:**
Make the grade 

DIABETES UK
CARE. CONNECT. CAMPAIGN.



What do these people have in common?

Chris Pennell



Lucy Davis

Este Haim



Steve Redgrave

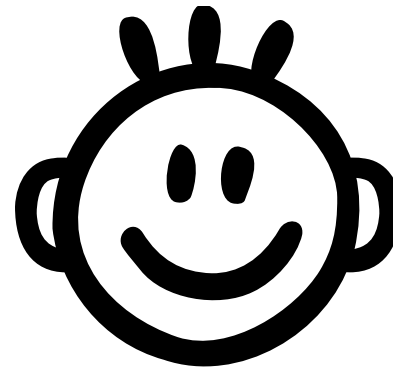
Nick Jonas



Amelia Lily



**THEY ALL HAVE DIABETES
AND IT HASN'T STOPPED THEM
BEING SUCCESSFUL!**



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What is diabetes?

DIABETES

**THE UK'S
FASTEST
GROWING
HEALTH
THREAT**

**EVERY
THREE MINUTES
SOMEONE LEARNS
THEY HAVE
DIABETES**

3.8m

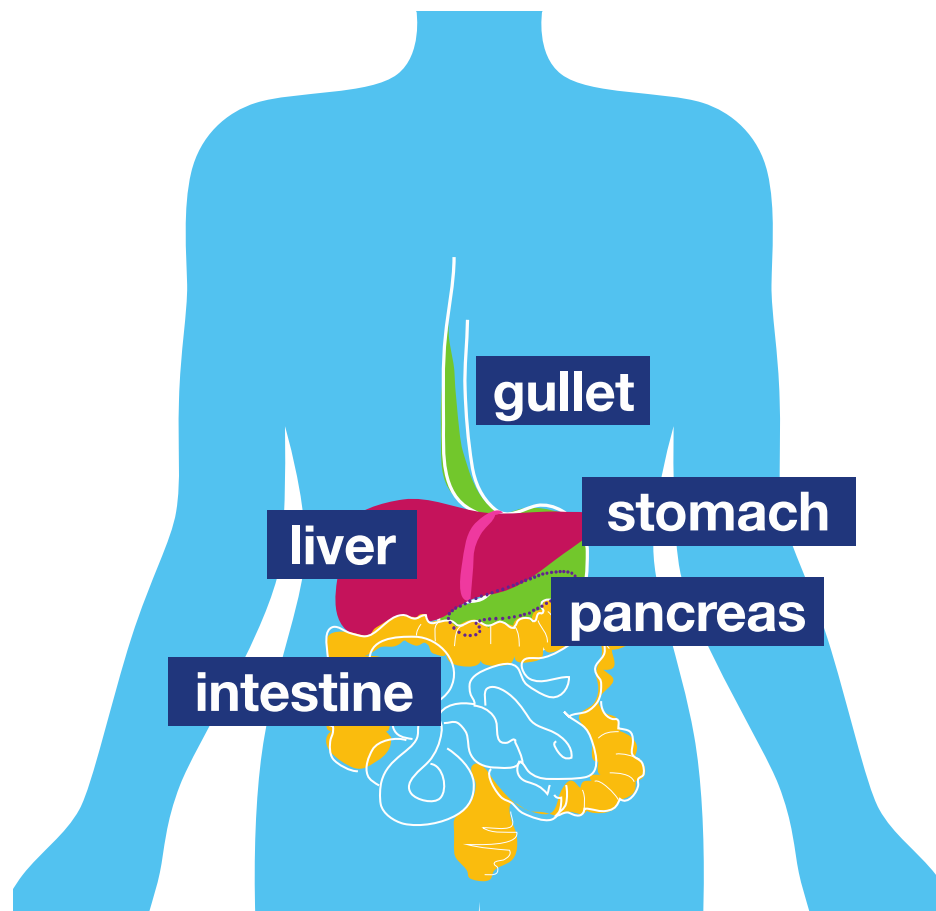
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What is diabetes?

Diabetes is where the amount of glucose (sugar) in the blood is too high because the body cannot use it properly.

This happens when:

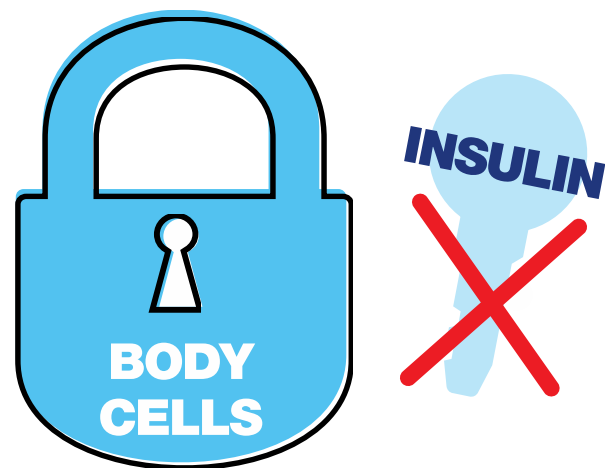
- The pancreas does not make any or enough insulin.
- The insulin does not work properly.
- Or sometimes it can be a combination of both.



There are two main types of diabetes

TYPE 1

- The body is unable to produce any insulin.
- Has to be treated with insulin.
- Most children with diabetes have Type 1.
- You cannot prevent it.
- It develops rapidly.



TYPE 2

Develops when the body still makes some insulin, or when the insulin that is produced does not work properly.

Risk factors for Type 2 include:

- Family history.
- Age.
- Overweight.
- Waist circumference.
- Very few children have Type 2.

This presentation will focus on Type 1 diabetes.



Signs or symptoms of Type 1 diabetes

- Toilet.
- Thirsty.
- Tired.
- Thinner.

COULD YOUR CHILD HAVE TYPE 1 DIABETES?

Toilet
Thirsty
Tired
Thinner

If your child is going to the toilet a lot, has increased thirst, is more tired than usual or is losing weight, it could be a sign they have Type 1 diabetes. If not diagnosed early enough, Type 1 diabetes can be fatal. Don't delay – if your child is experiencing any of the **4 Ts**, visit your doctor immediately for a test.

www.diabetes.org.uk/The4Ts

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What do children with Type 1 diabetes have to do?

- Take insulin.
- Test blood glucose level regularly.
- Follow a healthy balanced diet.
- Take regular physical activity.
- Have regular appointments with their doctor and nurse.



Taking insulin

By injection:

- With each meal.
- When blood glucose level is high.
- Injections will be needed at school



By pump:

- Continuous infusion of insulin.
- Extra insulin with food/when blood glucose level is high.



Blood glucose levels

- Check blood glucose is at the right level.
- Finger prick test .
- Regularly during the day.
- Continuous blood glucose monitoring.



Food

- Healthy balanced diet.
- No food is forbidden.
- But diabetic foods are not recommended.
- May need to eat at certain times, including in class.
- May need extra snack before, during and after PE.



Physical activity

- Important for all children.
- Can take part in all sports.
- May need extra snack before, during and after PE.
- May need to disconnect pump.



Type 1 diabetes in school

Can and should join in all school activities including:

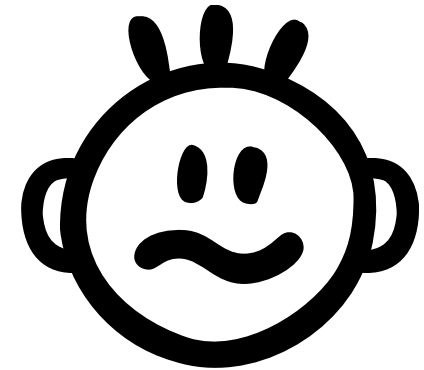
- PE, games and sports.
- School trips.
- Exams.



Hypoglycaemia (low blood glucose levels)

Signs

- Hunger.
- Shakiness.
- Mood change.
- Clumsiness.
- Pale.
- Sweating.
- Symptoms come on quickly.



Causes of a hypo

- Too much insulin.
- A delayed or missed meal or snack.
- Not enough carbohydrate food.
- Unplanned activity.
- Sometimes no obvious cause.



Treating a Hypo

- Immediately stop the activity and give something sugary to eat or drink.
- May need to follow up with longer-acting carbohydrate, e.g. sandwich or next meal if it's due.
- Rest until they feel better.
- And only then resume activity.
- If untreated can lead to, fit or collapse.



Hyperglycaemia (high blood glucose levels)

Signs

- Needing to pass urine.
- Feeling very thirsty.
- Feeling very tired.
- Tummy ache and headache.



Causes of a hyper

- Too little insulin.
- Too much carbohydrate food.
- Insulin pump failure.
- Less activity than usual.
- Illness.
- Stress.

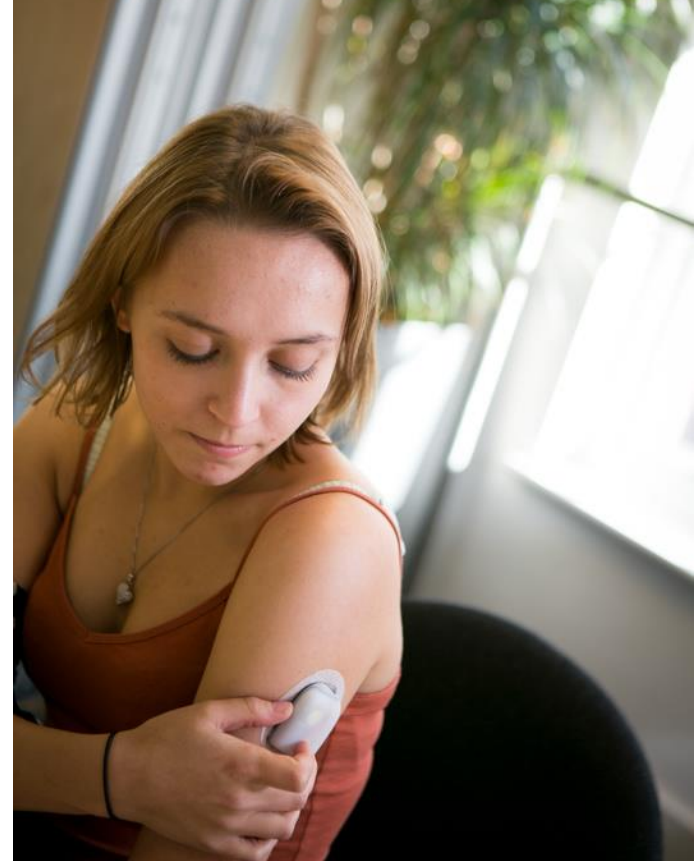


Treating a hyper

- Check blood betone level.
- Drink sugar free drinks.
- May need extra insulin.

If untreated, can lead to:

- Vomiting.
- Breathing difficulties.
- Collapse.



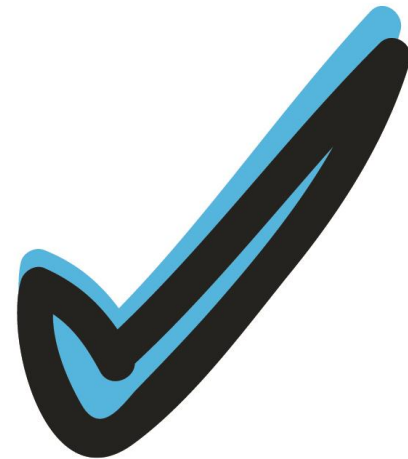
Why is looking after Type 1 at school so important?

- Immediate safety of child.
- Long-term well being.
- Optimal academic performance.
- Increasing numbers of children with Type 1.
- Now law in England, but best practice in other UK nations.




What is needed in schools?

- Medical conditions policy.
- Individual healthcare plan.
- Everybody working together.
- Training and support.



What Diabetes UK is doing:

- Change in the law (England).
- New legal duty on schools to support children with diabetes.
- Type 1 diabetes: Make the Grade will help make that change a reality in all schools.
- Resources for schools, families and health care professionals across the whole of the UK.

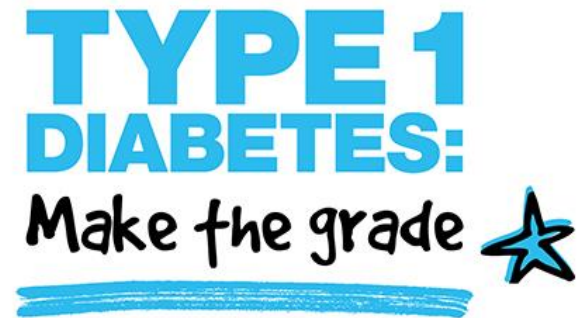
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Diabetes UK resources

- Information packs for parents and schools.
- Information about diabetes, what care to expect, tools and templates etc.
- Information for key audiences and nation specific information.
- Advocacy service, for advice on how you should look after a child at school.
- Parents, children, teachers and PDSN's showing that good care is achievable.
- www.diabetes.org.uk/schools



THANK YOU FOR LISTENING

**GO TO WWW.DIABETES.ORG.UK FOR
FURTHER INFORMATION AND SUPPORT**

