



## DIABETES MEDICAL MANAGEMENT PLAN

THIS PLAN SHOULD BE COMPLETED BY THE APPLICANTS PERSONAL HEALTH CARE TEAM.

Applicant Name: \_\_\_\_\_ Course Number: \_\_\_\_\_

Diabetes Type:  Type 1  Type 2

### Blood Glucose Monitoring

Target range for blood glucose is  70-150  70-180  Other: \_\_\_\_\_

Date of most recent A1C Test: \_\_\_\_\_ Results of test: \_\_\_\_\_

Usual times to check blood glucose: \_\_\_\_\_

Times to do extra blood glucose checks (check all that apply):

- before exercise
- after exercise
- when applicant exhibits symptoms of hyperglycemia
- when applicant exhibits symptoms of hypoglycemia
- other (explain): \_\_\_\_\_

Can applicant perform own blood glucose checks?  Yes  No

### Exercise and Sports

Outward Bound is a very physical endeavor. Diabetic applicants should be physically active in their everyday life and know the impact of activity on their blood sugar levels.

Is the applicant able to adjust insulin levels with a change in physical activity?  Yes  No

Restrictions on activity - should not exercise if blood glucose level is below \_\_\_\_\_ mg/dl or above \_\_\_\_\_ mg/dl or if moderate to large urine ketones are present.

### For Applicants with Insulin Pumps

Applicants using insulin pumps MUST also be proficient at using syringes in case of pump failure to be accepted to course.

Is the applicant able to calculate the correct amount of insulin and self inject?  Yes  No

Type of pump: \_\_\_\_\_ Type of insulin in pump: \_\_\_\_\_

### Applicant Pump Abilities/Skills:

- |   |  |
|---|--|
| Count carbohydrates                             | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Bolus correct amount for carbohydrates consumed | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Calculate and administer corrective bolus       | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Calculate and set basal profiles                | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Calculate and set temporary basal rate          | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Disconnect pump                                 | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Reconnect pump at infusion set                  | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Prepare reservoir and tubing                    | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Insert infusion set                             | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Troubleshoot alarms and malfunctions            | <input type="checkbox"/> Yes <input type="checkbox"/> No |

**Insulin Dosing with Syringes**

- Is applicant independent in carbohydrate calculations and management?  Yes  No
- Can applicant give own injections?  Yes  No
- Can applicant determine correct amount of insulin?  Yes  No
- Can applicant draw correct dose of insulin?  Yes  No

**For Applicants Taking Oral Diabetes Medications**

Type of medication: \_\_\_\_\_ Timing: \_\_\_\_\_

Other medications: \_\_\_\_\_ Timing: \_\_\_\_\_

**Diabetic Incident Management**

Hypoglycemia (Low Blood Sugar)

Usual symptoms of hypoglycemia:

Treatment of hypoglycemia:

Hyperglycemia (High Blood Sugar)

Usual symptoms of hyperglycemia:

Treatment of hyperglycemia:

Urine should be checked for ketones when blood glucose levels are above \_\_\_\_\_ mg/dl.

Treatment for ketones:

**Contact Information for Applicant's Doctor/Health Care Provider:**

Physician's Name: \_\_\_\_\_ Physician's Signature: \_\_\_\_\_

Phone: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_