



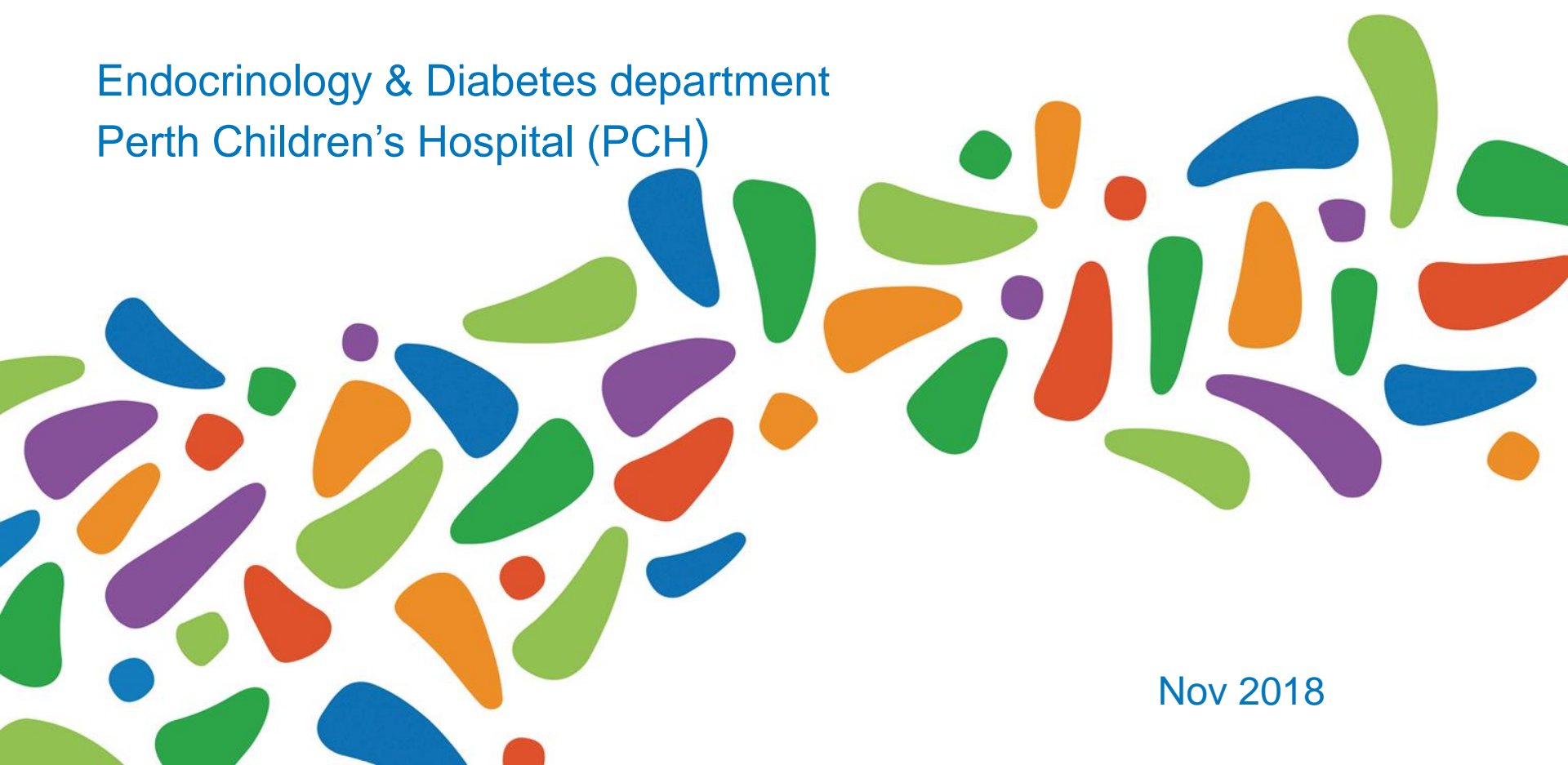
Government of **Western Australia**
Child and Adolescent Health Service



Diabetes and schools

Finding the balance

Endocrinology & Diabetes department
Perth Children's Hospital (PCH)



Nov 2018

Module 1

What is Diabetes?



Time: 15 minutes



Diabetes is a condition in which the body either does not produce enough or there is a complete lack of insulin, a hormone produced by the pancreas.

[Click](#) to view video

Types of Childhood Diabetes

Type 1 Diabetes Mellitus (T1DM)

- No insulin produced by the pancreas
- Autoimmune, non-preventable
- NOT caused by eating too many sugary foods.
- It used to be known as ‘juvenile diabetes’ or ‘insulin-dependent Diabetes’.

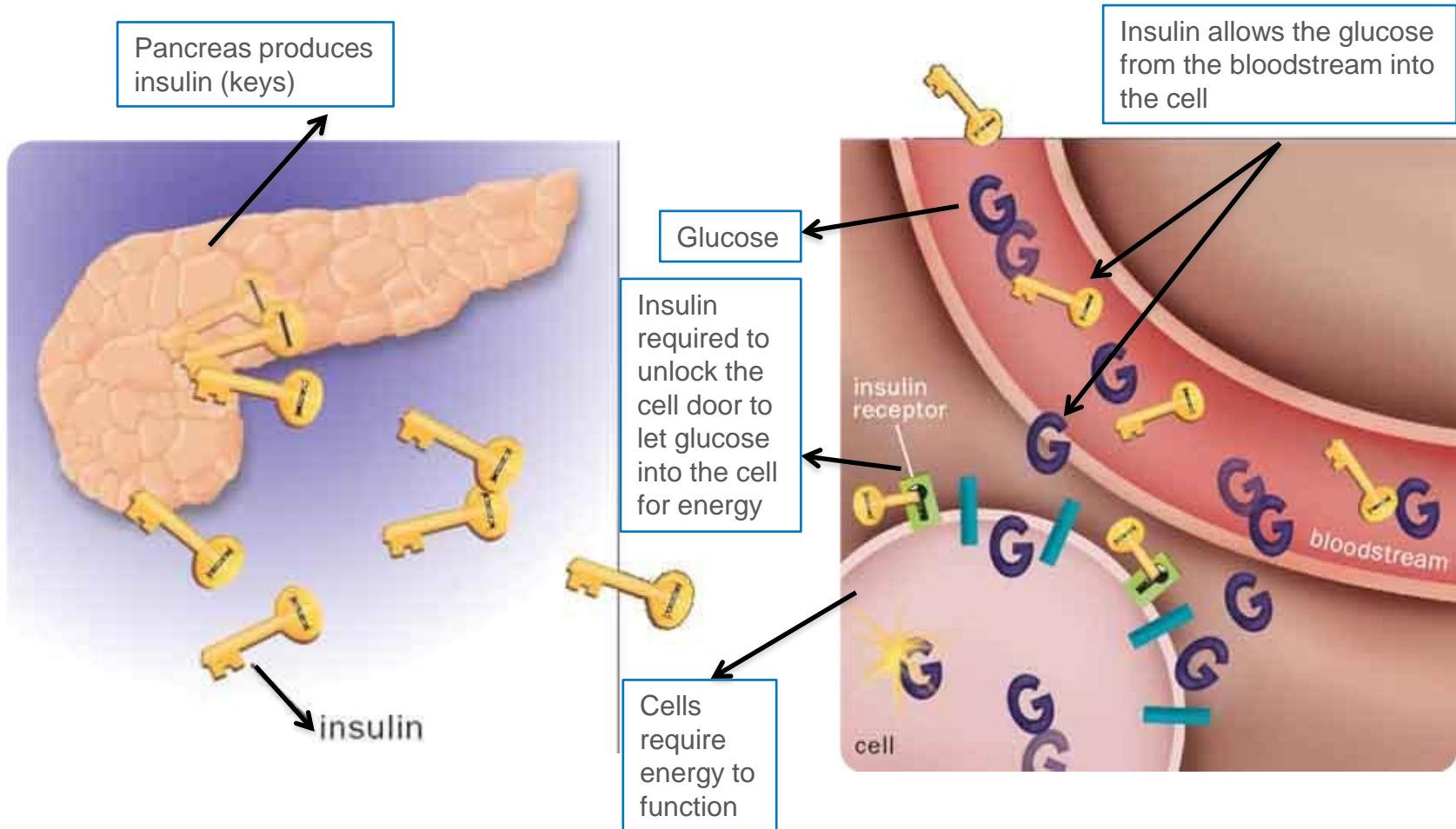
Type 2 Diabetes Mellitus (T2DM)

- Not enough insulin
- Insulin resistance
- Can be genetic factors as well as lifestyle related

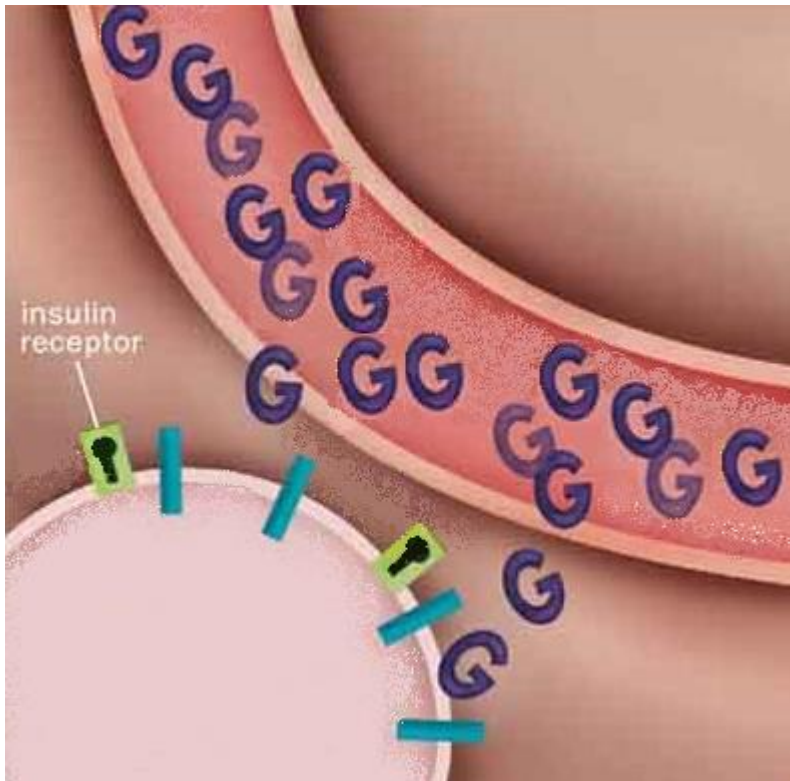
NOTE: The information in these modules relates to T1DM.

Function of Insulin

Normal blood glucose level (BGL) is 3.5 to 7.8 mmol/L.



What happens when there is no Insulin?



In T1DM the autoimmune process that attacks the beta cells results in no insulin being produced by the pancreas.

When there is no insulin being produced by the body, the BGL goes high. People with T1DM need insulin through injections or an insulin pump.

They need to test BGLs regularly by finger pricking or by a Continuous Glucose Monitor (CGM).

Signs and symptoms of diabetes

- Increased urine output
- Increased thirst
- Fatigue
- Weight loss
- Abdominal pain, nausea, vomiting
- Altered conscious state

Research 2018

‘The school experiences of children and adolescents with type 1 diabetes in Western Australia’

This research aimed to describe the mental health and the school experiences of children and adolescents with T1D attending mainstream schools in Western Australia. It was published in ‘Issues in Educational Research, 28 (3), 2018’.

www.iier.org.au/iier28/fried.pdf

PCH Diabetes Department

PCH Diabetes Triage Nurse

Contact details:

Phone: (08) 6456 1111

Hours:

Monday - Friday

8.30am – 4.30pm

Press '2' – please leave a clear message

Consent will be required if discussing a specific child/adolescent.

General information can be given if required.

Email: pchdiabetestriage@health.wa.gov.au

School Special Educational Needs:

Medical and Mental Health Diabetes Liaison Teachers

Contact details:

Phone: (08) 6456 0383

Email: ssenmmh@education.wa.edu.au

Website: ssenmmh.wa.edu.au

PCH Diabetes Doctor On Call

Contact details:

Phone: (08) 9483 6959

PCH Switchboard: (08) 6456 2222

24 hours, emergencies only!

Helpful websites

- pch.health.wa.gov.au
- diabetes.telethonkids.org.au
- [Diabetes Management and Action Plans](#)

Module 1 Quiz

What is Diabetes?

#	Question	True	False
1	T1DM is an autoimmune condition.		
2	T1DM may result in weight loss, frequent urination and thirst?		
3	Insulin causes the blood glucose level to go higher?		
4	Students with T1DM <u>must</u> be on insulin injections or an insulin pump to replace insulin their body is unable to produce?		
5	Students may monitor their BGLs by using a CGM or doing a finger prick?		

Module 1

Quiz answers

1. True
2. True
3. False
4. True
5. True