



Health Notes

SCHOOL:

NURSE:

DIABETIC CHILDREN AT SCHOOL

Diabetes is a serious, chronic condition in which the body cannot break down glucose or sugar. Normally sugar is processed in the body by insulin, which is manufactured in the pancreas. People with diabetes either do not produce insulin or their body cannot use it efficiently.

November was American Diabetes month. School nurses want to share some of the warning signs for diabetes. The warning signs include weight loss, frequent urination, increased thirst, fatigue and blurred vision. Once the disease is diagnosed, the doctor may prescribe

a medication regimen of shots, pills or both. Maintaining a normal glucose level is critical to help decrease some of the long-term effects of diabetes such as blindness, heart disease, kidney failure or poor circulation. A normal blood sugar level is between 80-120 mg.

Students with diabetes who are either taking insulin or oral medication need to maintain a strict eating schedule to keep their blood sugar level stable. A typical eating schedule consists of breakfast, mid-morning snack, lunch, mid-afternoon snack, dinner and a bedtime snack.



Many things can cause a blood sugar level to vary including stress, increased physical activity and illness.



When the blood sugar level drops too low, a condition called hypoglycemia can occur. To monitor the blood sugar levels, a diabetic will use a glucometer. This will provide the doctor with a running record of the blood sugar levels. When a diabetic child experiences feelings of being "low or shaky" they need to check their sugar level. If the blood sugar is low, the child will be given a sugar source to eat to raise this level and prevent an emergency. The school nurse or trained adult will assist the child with reading the blood sugar level. The school nurse plays a vital link between the school, parent, student and health care providers to coordinate accurate information about the diabetic child.

Students with diabetes need to be treated as normally as possible. Pediatricians believe that children and adolescents whose diabetes is adequately controlled are to be encouraged to attend school regularly and participate in all activities. These children need access to their snacks or sugar source as well as a way to check their blood level. The school nurse can assist with coordinating the needs of the

student while at school and relay information as needed. Helping a student remain in school and experience a full education is one of the primary goals of the school nurse. For further school health information, contact your school nurse or visit the school nurse website at www.columbus.k12.oh.us/cpsn/.

KEEP YOUR FITNESS GOALS DURING THE HOLIDAYS

Don't let the Grinch steal your resolve to continue toward your fitness goals during this holiday season. It's no wonder that the average woman gains 6 to 10 pounds at this time with temptations everywhere you look. Combine rich foods with less time to exercise, and you will think the Grinch is sabotaging you. Avoid the holiday weight gain by following these simple tips.



Schedules will be getting busier with extra chores such as holiday cooking, shopping, entertaining, and visiting friends or family. Make the commitment not to abandon your workout no matter what the holidays bring. You don't have to wait until January 1 to start working out again. Plan workouts into your holiday routines. When you are (continued on back)



heading to the mall for shopping, plan some extra time before you begin to enjoy a walk in the mall. You won't have to worry about slipping on the ice, and you can enjoy the holiday music.

Many believe that by skipping meals they can really splurge at a party. By arriving at a party famished, chances are good that you will go overboard on high calorie goodies. Also, you will wreak havoc on your well-trained metabolism if you go hungry during the day. So, what is the solution? Eat light meals during the day so that you can enjoy some treats at the party, but do not skip any meals.

The holiday season is a great time of year to focus on maintaining your current weight. While it is definitely possible to lose weight during the holidays, for most people, it is not a reality. If you are planning to avoid all temptations through the holiday season, you may be setting yourself up for failure. Sometimes this mindset will backfire on you. Allow yourself to enjoy festive foods during special holiday events, but keep your celebrating confined to major events. Do not make the mistake of turning holiday splurging into one eating event. Do not set yourself up for failure, but plan for success and you will maintain good eating habits over the holidays. For additional school health information, contact your child's

school nurse. (Information provided by Central Ohio Association of School Nurses (COASN).

WHEN IS YOUR CHILD TOO SICK TO GO TO SCHOOL?

Attending school on a regular basis is important for each child's academic and social development. If your child is absent often, it is harder to keep up with the class. It is recommended by health professionals that your child does not miss more than a few days of school a year due to illness. Parents often have trouble deciding whether their child is too ill to go to school. Here are some guidelines to consider when deciding to send your child to school or keep your child at home.

Your child is too sick to go to school if any of these symptoms are present:

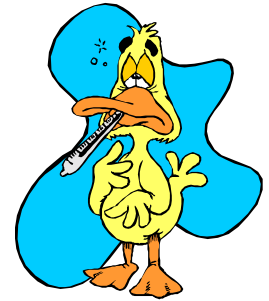


- Has a temperature above 100 degrees Fahrenheit by mouth. When your child has been free of a fever for 24 hours, is feeling better and does not have other symptoms, then your child may return to school.
- Has pain from earache, headache, sore throat, or a recent injury.
- Has a cough that interferes with your child's daily routine.
- Has shortness of breath or an increase in wheezing.
- Has vomiting or diarrhea.
- Has yellow or green drainage

from the eye(s).

- Has broken out in a rash.
- Has a contagious disease such as chickenpox, strep throat, or "pinkeye."

Consult your physician or school nurse if you have questions about what is contagious or have any other concerns about sending your child to school.



Information provided by the Central Ohio Association of School Nurses (COASN).

Clarification/correction published in last OASN newsletter: There will be no legal requirement for college students to have vaccinations against HepB & meningococcus infections. However, beginning in 2005, there will be a requirement that the college or university inform the student/parent about Hepatitis B & Meningococcal vaccines, the disease process, and the risk of the disease in the college population. A signature will be required that indicates that they have received and understand the information. ODH is developing information sheets on these diseases as well as a sample consent form, which should be on the ODH immunization website by January, 2005. OASN regrets any confusion that may have been created as a result of the posting in "Health Notes."

Health Notes is provided by the Publicity Committee of the Ohio Association of School Nurses. It is not intended as a substitute for regular health care. For health care and medical advice, see your physician or health care professional.