

Framingham State University

Division of Graduate and Continuing Education

Title: Diabetes in Schools: Supporting a Safe Environment for Students

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Course Description

An overview of diabetes and its impact in schools for teachers, school nutrition directors, school nurses and other school professionals. Topics addressed in this course include: basic understanding of type 1 and type 2 diabetes; dietary management of diabetes and basic carbohydrate counting; and strategies to create a safe environment for students with diabetes. Participants will explore available resources to promote nutrition, physical activity, and student safety.

Course Objectives At the end of this course, participants will be able to:

1. Define the differences between type 1 and type 2 diabetes; understand current treatment protocol; and recognize signs and symptoms that could indicate emergency.
2. Identify their role, as part of a multidisciplinary team, in creating a safe environment for students with diabetes and create practical strategies and/or policy for doing so.
3. Collaborate with the multidisciplinary team to help prevent diabetes related emergencies that could interfere with a students educational and classroom activities.
4. Provide necessary support and information to students and families to help them understand and manage diabetes.

Course Expectations

This course is not a self-paced course. Students are expected to keep up with readings, assignments, and discussions each week. Regular participation is crucial to the success of the student and the quality of discussion. Discussion helps to make the class interactive and enables us to learn from each other. Thoughtful responses and constructive comments are expected.

Course grades will be based on weekly assignments, discussion board participation, and a final project.

Note: students are expected to be proficient in web browsing and word processing, and should have access to a computer that is equipped to open Microsoft Word documents and PDFs.

Course Texts and Materials

This course does not have a required textbook. Topics are divided by modules, and each module contains readings. Readings and articles will come from online resources and are hyperlinked within the text of course modules. The Massachusetts Diabetes Manual will be referenced throughout the course and will be available for download.

Grading

Course grades will be based on weekly assignments, discussion board participation, and a final project. Participants can earn a total of 100 points through written assignments and active participation in discussion board topics. There is no final exam for this course.

Homework 1	10
Homework 2	10

Topic Outline & Syllabus: Diabetes in Schools

Homework 3	10
Discussion Board Participation (3 postings)	30
Final Project	40

Total Possible Points	100

“Integrity is essential to academic life. Consequently, students who enroll at Framingham State University agree to maintain high standards of academic honesty and scholarly practice. They shall be responsible for familiarizing themselves with the published policies and procedures regarding academic honesty. Academic honesty requires but is not limited to the following practices: appropriately citing all published and unpublished sources, whether quoted, paraphrased, or otherwise expressed, in all of the student’s oral and written, technical and artistic work.”

Please refer to the FSU Academic Honesty Policy: Student Conduct section, page 7 at:

<http://www.framingham.edu/graduate-and-continuing-education/documents/grad-catalog-0910.pdf>

Course Content/Outline

Week 1: Overview of Diabetes

1. What is Diabetes?
 - a. Type 1
 - b. Type 2
2. Therapies
 - a. Insulin/pumps
 - b. Oral medications
 - c. Other: diet and exercise
3. Hypoglycemia/Hyperglycemia
 - a. Recognizing signs/symptoms
 - b. Responding to
4. Challenges
 - a. For school personnel/planning
 - i. What to expect
 - ii. Field trips, extracurricular activities, etc.
 - iii. Glucose monitoring, snacks, etc.
 - b. For students with diabetes
 - i. Social and emotional issues
5. **Readings:**
 - a. Read pages 1-29 of "[The Massachusetts Guide to Managing Diabetes in Schools](#)".
 - b. [Making it Count: Students with Diabetes](#)
 - c. **Video: Diabetes Made Simple**
<http://www.youtube.com/watch?v=MGL6km1NBWE>
 - d. [Tips for Teachers](#) of Students with Diabetes
6. **Due:**
 - a. Participation in Class discussion

Topic Outline & Syllabus: Diabetes in Schools

- b. Module 1 quiz

Week 2: Dietary Management, Nutrition, and Physical Activity

1. Dietary management
 - a. Carbohydrate counting
 - b. Accommodations that food service can make for students with diabetes
2. Nutrition and Physical Activity
 - a. Importance for students with diabetes
 - b. To promote wellness for all students
3. Dispelling common myths about diabetes
4. **Readings:**
 - a. [Powerpoint: Nutrition and Physical Activity](#)
 - b. [Carbohydrate Counting for Children with Diabetes: Why, What and How?](#)
 - c. [Carbohydrate Counting](#) : A Practical Meal Planning Option for People with Diabetes
 - d. [10 Things Schools Can Do to Help Prevent Childhood Obesity](#)
5. **Due:**
 - a. Participation in Class discussion
 - b. Carbohydrate Counting Activity

Week 3: Management and Care Planning

1. Legal Obligations
 - a. Americans with Disabilities Act
2. Roles and responsibilities
 - a. Multi-disciplinary approach to student care
2. Policy/protocol recommendations
 - a. Emergency preparedness
 - b. Medical management of diabetes in schools
 - c. Individualized student plans
 - d. Providing information
3. **Readings:**
4. **Due:**
 - a. Participation in Class discussion
 - b. Website Review

Week 4: Application to Practice: Putting it together

1. Resources and websites will be reviewed(diabetes, nutrition, physical activity)
2. **Final Project:** create diabetes policy/care planning templates, classroom lesson plan, carbohydrate count (for menus), or PowerPoint presentation to train staff, students, or parents. Students may choose to complete the project option that best matches their roles and responsibilities.