



Type 2 Diabetes Education Guide

This diabetes self-management education program has been awarded recognition by the American Diabetes Association in accordance with the National Standards for Diabetes Self Management Education Programs.



Texas Children's
Hospital®

Texas Children's F.R.A.M.E Works Program

Essential Habits for Successful Type 2 Diabetes Management

Type 2 diabetes is a long-term condition that can be effectively managed with a comprehensive approach that addresses both lifestyle and physical aspects of blood glucose management.

The five health behaviors below are considered essential for managing this condition. We are here to provide you with the resources, skills, and support you need to master these habits!

Follow a Balanced Meal Pattern

- Initial Visit (Registered Dietitian): plate method, sugar sweetened beverages, snacking
- Future Visits:
 - Cholesterol Levels
 - Vegetable Intake
 - Budget Friendly Meal Ideas
 - Fiber
 - Balanced Snacks
 - Healthy Cooking Methods
 - Label Reading
 - Eating Out

Reduce Insulin Resistance with Lifestyle Change

- Initial Visit (Registered Dietitian): physical activity
- Future Visits:
 - Weight Management
 - Stress Management
 - Sleep Hygiene
 - Bariatric Surgery

Adhere to Medication Schedule

- Initial Visit (Diabetes educator): metformin/GLP-1/insulin
- Future Visits:
 - Medication Adherence
 - Managing Side Effects
 - Other Medication Options

Monitor Blood Glucose and Comorbidities

- Initial Visit (Diabetes Team): blood glucose monitoring, high or low blood glucose, sick day management, glucose monitoring at school (school packet)
- Future Visits:
 - Continuous Glucose Monitor
 - Understanding comorbidities & lab results
 - Blood Pressure

Engage Support System

- Initial Visit (Diabetes Team): community resources, diabetes accommodations, 504 plan
- Future Visits:
 - Division of Responsibility
 - Addressing Barriers
 - Transition of Care

What is diabetes?

Diabetes Mellitus refers to a group of disorders involving the way the body uses glucose (sugar). Normally, the food a person eats is broken down into glucose (the body's main fuel source) and enters the blood. Insulin then acts as a key to open the door to the body's cells so that glucose can enter. The glucose is then either used for energy or stored in the body for use at a later time.

Diabetes occurs when the body no longer makes insulin (Type 1 diabetes), or the insulin that is made does not work properly or is in too small of an amount (Type 2 diabetes). When the body does not have enough insulin, the glucose stays in the blood causing high blood sugar (hyperglycemia). The body tries to get rid of the extra sugar by releasing it through the kidneys into the urine. This makes the person with hyperglycemia have to use the bathroom often and become very thirsty. Because the body cannot use glucose for energy, the person can become tired, hungry, and lose weight.

Type 1 Diabetes

In Type 1 diabetes, the body attacks the beta cells of the pancreas that produce insulin. Insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body for energy. Therefore someone with Type 1 Diabetes takes insulin to manage his/her blood glucose levels.

Type 2 Diabetes

In Type 2 diabetes, the body does not use insulin properly. This is called insulin resistance. At first, the pancreas makes extra insulin, but over time it isn't able to make enough insulin to keep your blood glucose at normal levels.



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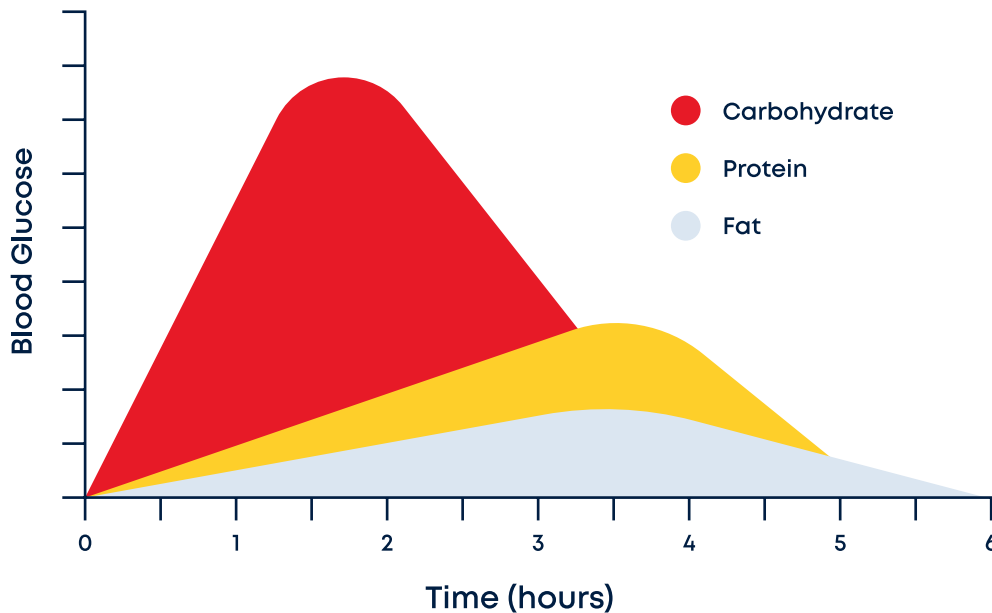


Follow a Balanced
Meal Pattern and
Reduce Insulin
Resistance with
Lifestyle Changes

Managing Blood Glucose: Nutrition

Carbohydrates are the major source of glucose (sugar) for our body and, when eaten, will have the biggest impact on blood glucose. Protein and fat have minimal impact on blood glucose.

Effects on blood glucose over time



General Tips for Managing Blood Sugars

- Eat moderate amounts of carbohydrates spread evenly across the day
- Choose complex, high-fiber carbohydrates (fruits, starchy vegetables, whole grains)
- Limit intake of simple sugars (i.e., soda, juice, candy, processed sweets/junk food)

What are Carbohydrates?

Bread/Starch, Fruit, Milk and Sugar are carbohydrate-containing foods.

Learning to identify which foods and drinks contain carbohydrate, and managing the portions of these foods will help you meet your blood glucose goals. Carbohydrate foods are not bad; however, we do want to watch our portions to maintain good blood sugar control and meet our nutrition needs.

Bread/Starch



Fruit



Dairy



Starchy Vegetables

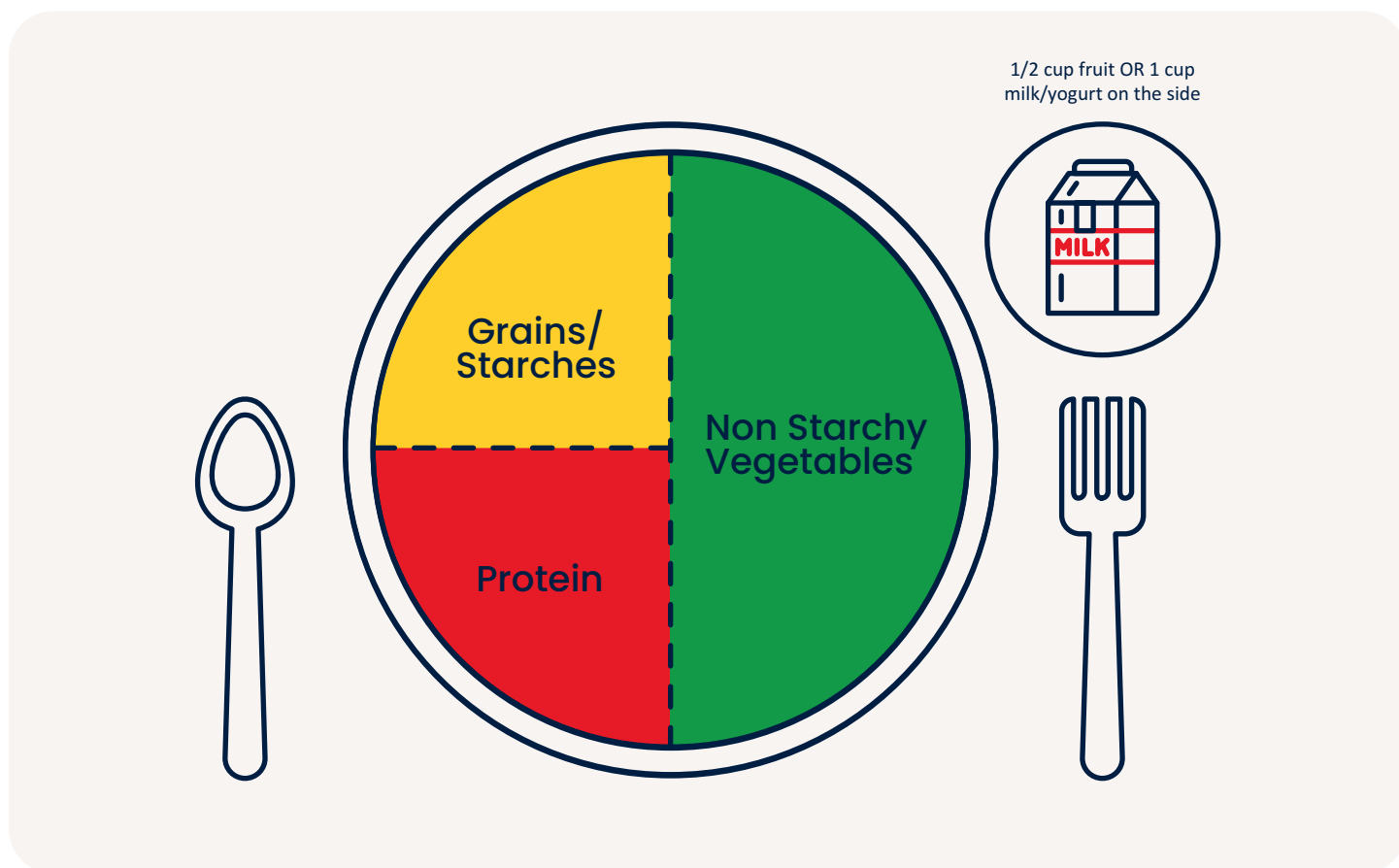


Sugar



Plate Method

The Plate Method is a convenient way to make sure you are eating proper portion sizes. All you need is an appropriate size plate.*



*7 inch plate for school age children, 9 inch plate for adolescent

Grains and starches examples

- Starchy vegetables
 - Corn
 - Green peas
 - Potatoes (includes yams/sweet potato)
 - Winter squash (acorn, pumpkin)
- Beans
- Lentils
- Breads
- Tortillas
- Crackers/chips
- Bagels
- English muffin
- Waffles
- Pancakes
- Cereals
- Pasta
- Rice and grains

Fruit examples

- Apple
- Banana
- Mango
- Grapes
- Pear
- Berries
- Peaches
- Melons

Protein examples

- Meats
- Poultry
- Pork
- Turkey
- Veal
- Fish
- Cheese
- Cottage cheese
- Nuts and nut butters
- Eggs
- Soy and other plant-based meat alternatives

Non-starchy vegetable examples

- Artichokes
- Asparagus
- Green beans
- Beets
- Broccoli
- Cabbage
- Tomatoes
- Carrots
- Cauliflower
- Celery
- Cucumber
- Lettuce
- Mushrooms
- Onions

Portion Sizes

The AMOUNT of food you eat is just as important as what you eat.

Consider the following strategies for managing portions:

- Use smaller bowls/plates.
- Limit distractions during meal times.
- Avoid rushing/eating quickly.
- Portion out single servings rather than eating from large bags/containers.
- Following the plate method can naturally adjust portion sizes.

Estimating Portion Sizes

Using measuring cups or pre-measured bowls/cups can help you determine exact portion sizes. Or, you can use parts of your hand to estimate your portion.

Fist
(Or tennis ball)



1 cup

Thumb
(Or lip balm)



1 ounce meat
or cheese

Palm
(Or deck of cards)



3 ounce of meat

Fingertip



1 teaspoon

Thumb Up



1 tablespoon

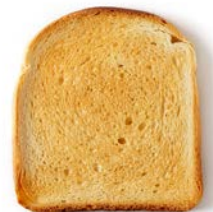
Healthy Snacking

Snacks can be included in a healthy diet to prevent you from feeling hungry between meals. Snacks that contain lean protein and/or healthy fat paired with a high-fiber food such as fruits, vegetables, or whole grains are a great way to keep you satisfied and nourished between meals.

Lean Proteins and Healthy Fats Options



High Fiber Options



Low and No Sugar Beverages

- Sugar sweetened beverages increase blood glucose and weight.
Instead choose WATER and occasionally low- and no-sugar beverages.
- Sugar substitutes can be used in moderation to replace regular sugar.

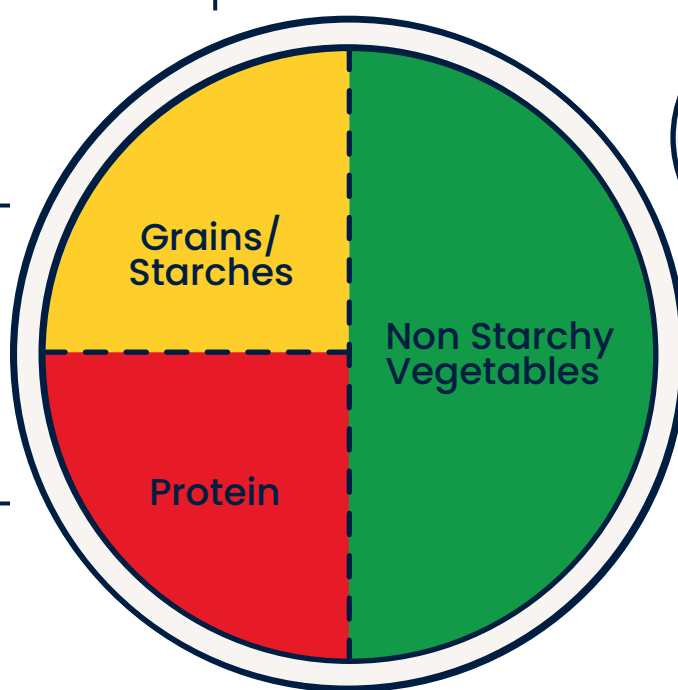
Instead of:	Choose:
Sweetened Lemonade/Tea/Punch	Sugar-free water flavorings 
Regular Sports Drinks	Sugar-free sports drinks 
Regular Soda	Zero or diet versions 
Regular Juice	Sugar-free sparkling water 
Sugar	

Let's Create a Colorful Meal

Look for carbohydrates with **little to no added sugar**

Whole Grains have more fiber and nutrients.

Avoid drinking your calories.
(exception: skim or reduced fat milk)



Low fat proteins are better for your heart and waistline.

Try to **bake, broil, or grill** protein.

Larger portions of non-starchy vegetables can help reduce carbohydrate and calories.

How Does Exercise Help?

Reduce Stress



Strengthen
Bones and Muscles



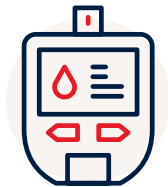
Healthy Weight
Management



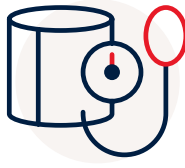
Lowers Cholesterol
Levels



Helps Improves
Glucose Control



Lowers Blood
Pressure



Increases Energy



Tips for Increasing Daily Activity

Aim to get at least 60 minutes of moderate to intense physical activity daily.

Here are FUN ways to increase “active minutes”:

- Play a sport
- Play with friends outdoors
- Ride a bike
- Take the stairs
- Have a dance party
- Go for a pre- or post-dinner walk
- Dance or exercise to YouTube videos
- Do homework at a standing desk
- Active chores like raking, mowing the lawn, car washing, vacuuming, dusting, etc.
- Do exercises during commercial breaks (squats, sit-ups, push-ups, jumping jacks)
- Look into student memberships at local gyms

Healthy Lifestyle Resources

Phone/Computer Apps:



SworKit Kids: Customizable fun workouts to do at home.



Just Dance Now: Great songs and fun choreographies.



GoNoodle: Dance-along, yoga videos, and mindfulness activities and some other awesomely active and fun ways to move!



MyFitness Pal: Enter and save daily foods and recipes.



Super Stretch Yoga: Move, play and breathe as Super Stretch introduces you to his friends and their yoga poses.



Fooducate App: Search for various foods including restaurants.



Eat & Move-O-Matic: Learn about the foods you eat and how they help fuel your body for your favorite activities.



Kurbo: Health coaching app designed specifically for kids, teens and families.



7-Minute Workout for Kids: Make Fitness Fun for Stronger, Healthier Youth through Interval Training.



NFL PLAY 60: Fitness made fun. Compete in fun games with a football twist!

Healthy Recipe Websites

- <https://www.chopchopfamily.org/>
- <https://recipes.heart.org/>
- <https://www.myplate.gov/myplate-kitchen>
- <https://www.cookinglight.com/food/healthy-kids-recipes>
- <https://www.healthychildren.org/English/healthy-living/nutrition/chop-chop-magazine/Pages/default.aspx>
- <https://www.nutrition.gov/topics/shopping-cooking-and-meal-planning/recipe-collection>
- <https://diabetesfoodhub.org>

Free Physical Activity Resources

- **Beach Body Free Workouts:** <https://vimeo.com/showcase/6880106>
- **Cosmic Kids Yoga:** https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ
- **Free High Intensity Workouts:** <https://www.grouphiit.com/collections/free-kids-workouts>
- **JustDance Videos:** <https://www.youtube.com/watch?v=Vnab1gHwJeY>
- **Workouts for K-12th grade:** <https://app.sworkit.com/collections/kids-workouts>
- **24 Hour Fitness and Planet Fitness:** Free Summer membership for high school students (as of summer 2022)
- **Houston Parks and Recreation:** <https://www.houstontx.gov/parks/youthsports-recreation.html>



Healthy Grocery List

NON-STARCHY VEGGIES

- Arugula
- Asparagus
- Bell peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green beans
- Lettuce & Leafy greens
- Mushrooms
- Okra
- Onions
- Spinach
- Tomatoes
- Zucchini
- Plain frozen and canned veggies are equally nutritious! (Look for plain/low-sodium)

STARCHY VEGGIES

- Potatoes (all types)
- Corn
- Peas
- Beans, lentils, chickpeas
- Yucca
- Plantains
- Winter Squash

FRUITS

- Oranges, Clementines
- Apples
- Bananas
- Cherries
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Peaches
- Melon
- Papaya
- Guava
- Grapefruit
- Pineapple
- Watermelon
- Frozen and canned fruits are equally nutritious! (Look for no sugar added/No syrups)

PROTEINS

- Chicken (skinless)
- Turkey
- Lean Beef
- Lean Pork
- Ground Meats (90% lean)
- Fish - salmon, tuna, mackerel, sardines, tilapia, mahi-mahi, etc.
- Shrimp
- Eggs/Egg Whites
- Plant proteins - Tofu, Tempeh, Soybeans, Beans, Lentils, Nuts
- Deli meats - Turkey, Ham, Chicken (look for reduced sodium)
- Canadian Bacon
- Turkey Bacon
- Beef Jerky

GRAINS & GRAIN PRODUCTS

- 100% Whole Grain/Whole Wheat: Breads, Buns, Tortillas, Crackers, English muffins, etc.
- Whole grain pasta
- Whole grain pancake mix
- Oatmeal (plain, unsweet)
- Shredded wheat
- Whole grain cereals
- Grits (low-fat)
- Popcorn (low-fat)
- Other grains: Barley, Farro, Rye, Quinoa, Wild rice, Buckwheat, Sorghum

NUTS, SEEDS, & HEALTHY FATS

- Peanuts
- Almonds
- Pistachios
- Walnuts
- Cashews
- Hazelnuts
- Macadamia Nuts
- Pecans
- Chia Seeds
- Flaxseeds
- Sunflower Seeds (low sodium)
- Nut butters
- Avocado
- Olives
- Olive Oil
- Avocado Oil
- Safflower Oil
- Margarine
- Reduced-fat Mayo
- Reduce-fat Dressings

DAIRY

- Skim, 1% or 2% Milk
- Low-fat Plain Yogurt
- Low-Fat Cheese
- Low-Fat Cottage Cheese
- Fortified Dairy Alternatives:
 - Almond Milk (unsweetened)
 - Soy Milk (unsweetened)
 - Plant-based Yogurt (unsweet)

Budget Shopping

General Tips

- Avoid shopping when you're hungry.
- Check weekly deals and coupons in newspapers, websites, and in-store ads.
- Make a shopping list and stick to it.
- Shop the bulk food aisle.
- Stock up on non-perishable staples when they are on sale.
- Cook meals in larger batches, then freeze for later.
- Choose generic. Nutritional value can often be comparable to name brands.
- Be cautious of purchasing too many convenience/pre-prepared items.

Proteins

- Buy larger quantities of meat on sale.
- Plan a meatless meal or replace 1/2 of the meat with beans or chopped vegetables.
- Serve appropriate portions, especially with higher priced items like meats and cheeses.
- Use a slow cooker to tenderize less expensive, tougher cuts of meat.
- Use high-nutrition, low cost foods like beans and lentils to supplement meats.

Produce

- Shop seasonally.
- Choose canned or frozen produce.
- Pre-cut fruit and vegetables are convenient, but significant more expensive than the whole versions.
- Buy items with a variety of "keep" times to avoid having multiple things go bad at the same time.
- Store produce correctly so that it stays fresh longest.



An abstract graphic on the left side of the page. It features a white circle at the top left, followed by a series of white, rounded, finger-like shapes extending downwards and to the right. These shapes are set against a light beige background that has a subtle gradient.

**Adhere to Medication
Schedule and Monitor
Blood Glucose**

Blood Glucose (Sugar) Monitoring

Equipment

- Blood glucose meter
- Test strips specifically for your meter
- Lancets
- Lancing device
- Log book
- Sharps container

Check to ensure test strips are not expired

Keep test strips in their original container, at room temperature out of sunlight, high-humidity areas, and very hot or cold weather.

Steps for Monitoring

- Wash hands with soap and warm water, make sure they are completely dry
- Load lancing device with lancet
- Put a strip in your meter
- Poke the side of your fingertip
- Milk your finger and gently squeeze your fingertip to get a drop of blood
- Apply blood to the strip
- When the meter has read your blood it will display a number on the screen (blood glucose level)
- Record your blood glucose level in your logbook
- Dispose of the lancet in an approved sharps container (Example: Empty detergent bottle)

When to check	
Metformin only	Check fasting and 2 hours after a meal (twice per week)
Long-acting insulin only, with or without Metformin	Check fasting and before lunch or dinner
If taking both long-acting and rapid-acting insulin	Check fasting, before meals, and at bedtime

When to check

- Before meals
- Before bedtime
- Before and after exercise
- During illness
- When experiencing symptoms of hyperglycemia (high blood glucose) or hypoglycemia (low blood glucose)
- At 2 am:
 - If long-acting insulin dose was changed in the past few days
 - If extra physical activity occurred
 - If your doctor or diabetes educator tells you to



Target Blood Glucose Range*

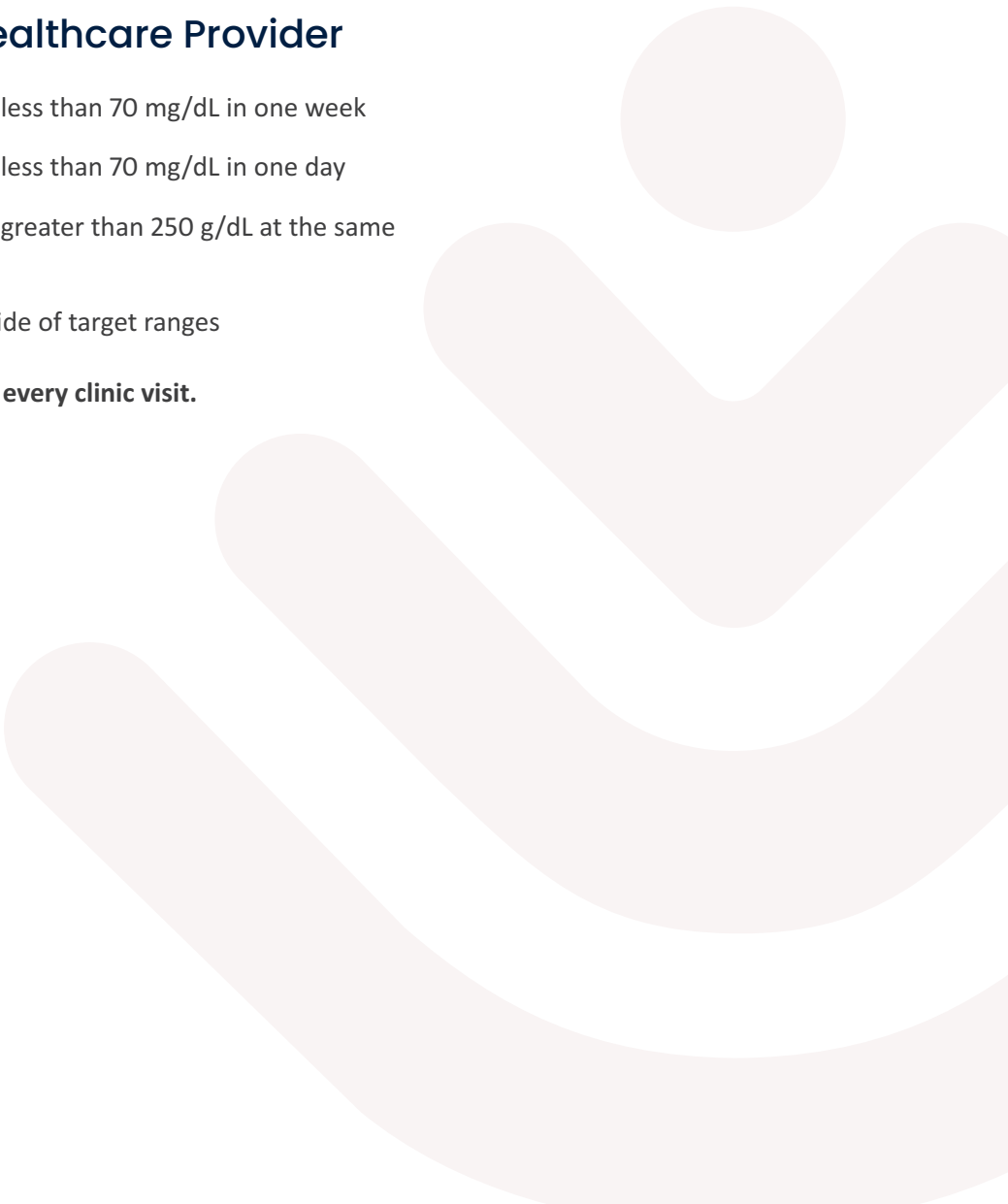
Fasting and Before Meals	A1C	Why?
70 – 130 mg/dL	less than 7% less than 6.5% is recommended if it can be achieved without hypoglycemia	To prevent long-term diabetes complications

*These are general recommendations based on the American Diabetes Association Standards of Medical Care in Diabetes for 2024. Blood glucose targets will be individualized by healthcare provider on a caseby-case basis.

When to Contact Your Healthcare Provider

- If your child has 3 or more readings less than 70 mg/dL in one week
- If your child has 2 or more readings less than 70 mg/dL in one day
- If your child has 3 or more readings greater than 250 g/dL at the same time of the day in 1 week
- You have readings consistently outside of target ranges

Remember to bring your child’s meter to every clinic visit.



Hyperglycemia

What is Hyperglycemia?

Hyperglycemia (high blood glucose) is when your glucose reads above the target range.

Classification	Blood Glucose Level
Hypoglycemia	Less than 70 mg/dL
Target Range	70-180 mg/dL
Hyperglycemia	Greater than 180 mg/dL

What causes it?

- **Too little insulin or diabetes medication, or inappropriate use.** Medication dose may not be correct or missed doses.
- **Too much food.** If someone eats more than his or her recommended carbohydrates for a meal.
- **Sickness and Stress.** If someone is ill or stressed, glucose levels can be affected.
- **Medication induced:** Steroids and some other medications may cause higher glucose levels.
- **Less physical activity.** Decrease in exercise may increase blood glucose levels.

How do I know if I have it?

If you feel the following symptoms: excessive hunger, excessive thirst, excessive urination, unexplained weight loss, blurry vision, sleepiness, and others.

How do I treat it?

- Check glucose with a finger stick. Be sure your reading is above your target range before performing any form of treatment.
- Treat! If your glucose is above target, there are a few ways to treat hyperglycemia.

- Drink water or sugar-free fluids with electrolytes. Fluids can help our bodies naturally flush out glucose. These are a few sugar-free fluid options that contain electrolytes:
 - Pedialyte zero sugar or pedialyte pops (standard is 10g/12 oz) Gatorade Zero
 - Powerade Zero
 - Drip drop zero sugar (standard is ~9g)
- Go for a walk. Exercise can help bring down glucose if your reading is above target, but below 250 mg/dL. If your reading is >300 mg/dL DO NOT EXERCISE as this can lead to higher glucose levels.
- Take medication as directed. If you are prescribed medication, take it as instructed by your health care provider.

What if I treat and my readings are still high, and I feel sick?

If your readings are >300 mg/dL twice (2-3 hours in between). Call your doctor and/or go to the Emergency Room.

Emergency Contacts:

Texas Children's Pediatric Endocrinology:
832-822-3670, option "0"

Hypoglycemia, or low blood glucose, occurs when the blood glucose level drops less than 60 mg/dL.

Symptoms of Hypoglycemia



Shaky



Sweaty



Dizzy



Sudden
behavior change



Hungry



Weak
or tired



Headache



Nervous
or upset

If low blood glucose is not treated, it can become severe and cause you to pass out.
If low blood glucose is a problem for you, talk to your doctor or diabetes care team.

Main Causes of Hypoglycemia

Too Much
Insulin



Skipping meals or
prolonged time
between meals
(≥ 4 hours)



Physical
Activity



Sickness,
especially if
vomiting or
having diarrhea



When a low blood glucose occurs, the goal is to increase the blood glucose level quickly using 10-15g simple, or rapid acting, carbohydrate. See treatment reference guide for food and beverage examples.

Treatment Process of Hypoglycemia



Check Blood Sugar

If less than 60 mg/dL, proceed with treatment



Consume 10-15 g of a rapid acting carb



Wait 15 minutes



If less than 60 mg/dL, repeat treatment

If greater than or equal to 60 mg/dL, no additional treatment

Hypoglycemia Treatment Rules

10-15 g Carbohydrate and Beverage Examples

- | | |
|--|---|
| <ul style="list-style-type: none">• 1/2 cup (4 oz) juice or regular soda• 1 (6 oz) pouch Capri Sun• 1 (6 oz) box Hi-C Juice• 1 bottle (6.75 oz) Sunny D Tangy Original• 1 cup (8 oz) Gatorade• 1/2 pouch fruit snacks• 1 pouch Fun Size Skittles | <ul style="list-style-type: none">• 5-8 gummy bears• 13 pieces of Sweet Tarts• 4 Starburst candies• 2 tsp gel cake icing• 1 Tbsp maple syrup, honey, or sugar• 3-4 glucose tablets |
|--|---|



Medication

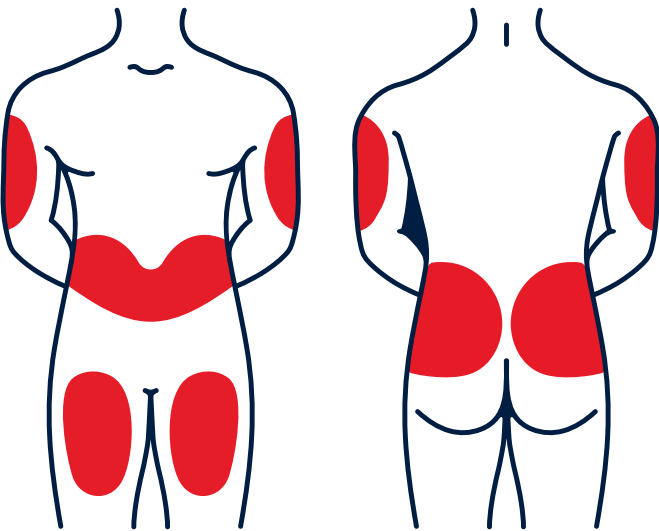
Insulin storage

- Unopened insulin pens or vials should be stored in the refrigerator.
- Do not freeze insulin.
- Once the insulin pen or vial is opened, it may be kept at room temperature (not above 90° F).
- Once the insulin pen or vial is opened, it is good for 28 days, or until the expiration date on the bottle, whichever comes first. Consider writing down the date the insulin was opened.
- Insulin should be colorless — no cloudiness or yellowing.
- Keep insulin away from sunlight.

Injection site selection

Insulin is meant to be injected under the skin into the fatty tissue such as:

- Back of upper arms
- Abdomen
- Outer thighs
- Upper buttocks



Note

Do not inject 2-3 inches around or inside of the belly button.

You must rotate injection sites to prevent nodules (tender hardened areas) from forming!

If leakage from injection site is noted, do not replace with extra insulin and continue to monitor blood glucose.

Unless otherwise instructed, insulin should be given 10-15 minutes before the meal.

Drawing insulin



1

Remove cap from insulin vial.



2

Clean rubber top of vial with alcohol swab.



3

Remove clear cap and orange cap from insulin syringe.



4

Pull air into syringe to match dose by pulling the plunger.



5

Inject air into the insulin vial.



6

Turn vial upside down and draw 5-10 units into the insulin syringe then push back into vial. This will remove air from the insulin syringe.



7

Draw insulin dose.

Administration of Insulin with Insulin Syringe:

- Only new insulin syringes should be used
- Select site
- Clean site with alcohol and allow to air dry
- Pinch area to raise skin
- Inject insulin at a 90 degree angle (45 degree angle for children with less fatty areas)
- Hold needle in place and count to 5
- Release pinch
- Remove needle at same angle as injected
- Dispose of sharps as directed by your sanitation department.



Insulin pen use

- 1 Remove the pen cover or cap and clean the top with an alcohol swab.



- 2 Pen needle preparation:
 - a. Pull the paper tab off of the pen needle.
 - b. Screw the pen needle onto the insulin pen.
 - c. Remove the clear outer needle cover and colored inner needle cover to expose the needle.

- 3 Prime the pen needle.
 - a. Turn the dial up to 2 units.
 - b. Press down on the dose knob until the dial is back at 0.
 - c. Repeat until insulin drops or stream appears.

- 4 Select the dose.
 - a. Turn the dial to the dose given to you by your provider.
 - b. Double check the dose window to ensure you have selected the proper dose.



- 5 Select the injection site and clean it with alcohol. Allow it to air dry completely.
- 6 Injecting insulin
 - a. Insert the needle at a 90 degree angle. If your child is less than 5 years old or has minimal fatty areas, pinch the area to raise the skin before inserting the needle.
 - b. Use your thumb to press down on the dose knob until it is back at zero.
 - c. Hold the needle in place for 10 seconds to prevent leaking.
 - d. Pull the needle straight out of the skin.
- 7 Pen needle removal and disposal
 - a. Place the outer needle cover over the needle and twist it to unscrew the needle from the pen.
 - b. Throw the used needle away as directed by your sanitation department.
 - c. Place the outer pen cover back on the pen.
- 8 Store the insulin pen for future use as directed by manufacturer.

Metformin (Glucophage)

Benefits

Metformin is an glucose lowering oral medication which helps the body to recognize the insulin better. As a result, glucose can be better taken up by the cells. Additionally, metformin can decrease the amount of glucose that is put out by the liver. When prescribed alone, it does not cause hypoglycemia. Metformin may be prescribed for people who have pre-diabetes, Type 2 diabetes, as well as polycystic ovarian syndrome (PCOS).

Side Effects

The most common side effects of metformin are upset stomach and diarrhea. Extended-release metformin reduces these side effects.

Dosing and Duration of Action

The duration of action of regular metformin is 12 hrs and extended release is 24 hours. Extended-release metformin should NOT be cut in half as this impacts the slow-release action. Extended-release metformin is better tolerated and can be taken once a day. Metformin can be started at a low dose (500 mg) and increased weekly to a max dose (2000 mg), or as prescribed by provider, to reduce side effects.

Combinations

Metformin is chosen as the initial medical treatment for Type 2 diabetes management after diet and exercise. However, if glucose levels continue to be uncontrolled, metformin may be combined with insulin.

Important things to remember when taking metformin

- If you are going to have a CAT scan with CONTRAST or surgery, you must discontinue Metformin 48 hours prior the study. This is important to keep your kidneys healthy.
- Please call the Endocrine/Diabetes clinic if you will be having a surgery or contrast study

Sick day management

During Your Child's Illness You Should

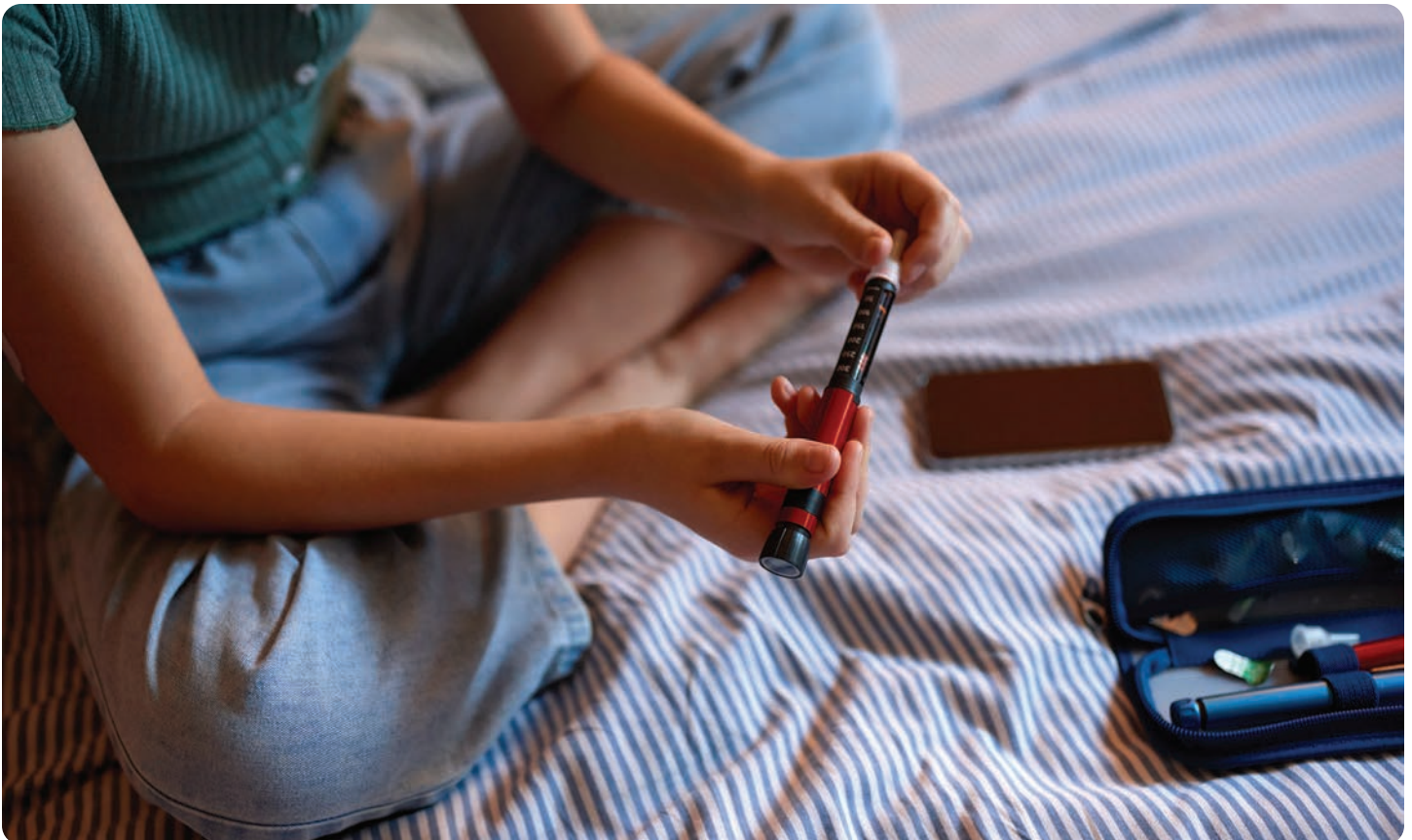
- Check your child's blood glucose more often.
- Do not miss any insulin doses or medication doses.
- Keep your child hydrated.
- Follow up with your primary care physician to make sure there are no viral or bacterial infections.

When to Call For Emergency Care in the Clinic (832-822-3670):

- During illness.
- Not eating very well.
- If glucose remains less than 70 mg/dL after hypoglycemia treatment.
- If glucose is above 300 mg/dL for two consecutive times (2-3 hours in between).

Surgery management

- Call the diabetes team, AFTER you find out the time and date of surgery and if eating food will be allowed.
- You will be given instructions on how to manage the diabetes before and after the surgery.
- Take all of your diabetes supplies with you on the day of the procedure.



Engage Support System



Community resources

 <p>American Diabetes Association® Connected for Life</p>	<p>American Diabetes Association Houston Chapter</p> <p>713-977-7706 www.diabetes.org</p>
<p>BEYOND TYPE 2</p>	<p>Beyond Type 2 Houston Chapter</p> <p>www.beyondtype2.org</p>
 <p>diaTribe Learn MAKING SENSE OF DIABETES</p>	<p>Diatrube</p> <p>https://diatrube.org/</p>
 <p>diabetes daily</p>	<p>Diabetes Daily</p> <p>www.diabetesdaily.com</p>

Medical identification bracelets

- Diabeteswellness.net
- Free ID necklaces
- RoadId.com
- Americanmedical-id.com
- Coolmedid.com
- Laurenshope.com
- Fifty50.com
- Childrenwithdiabetes.com
- Universalmedicaldata.com
- Etsy.com
- Hopepaige.com
- Elegantmedicalalert.com
- Shopdiabetes.org
- Medids.com

General Resources

- Medicaid, CHIP, SNAP & TANF: 211 or www.yourtexasbenefits.com
- Medicaid Transportation: 1-855-687-4786 or number on back of card
- Women, Infants, and Children (WIC): 800-942-3678
- Supplemental Security Income (SSI): 800-772-1213
- Community Resources in Your Area: 211
- Billing and Insurance Questions: TCH Financial Counselor: 832-824-5505

Medication/Supply assistance

- www.getinsulin.org
- **Novolog:** www.novocare.com
- **Humalog, Basaglar and Glucago:** www.lillycares.org or 1-800-545-6962
- **Lantus:** www.sanofipatientconnection.com or 1-800-981-2491
- **Levemir:** www.novomedlink.com or 1-855-292-5966
- **Tresiba:** www.tresiba.com/savings-and-coverage/prescription-assistance.html
- **Victoza:** www.victoza.com
- www.blinkhealth.com (40% discount on insulin)
- www.pparx.org
- www.goodrx.com
- www.helpix.info
- www.texasdrugcard.com



Requesting a 504 Plan

What is a 504 Plan?

Section 504 of the Rehabilitation Act of 1973 is a federal law to ensure eligible disabled students are provided with educational benefits and opportunities equal to those provided to non-disabled students. A student with a physical or mental impairment that significantly limits one or more major life activities is considered “disabled” under Section 504. Examples of major life activities include caring for oneself, seeing, hearing, eating, walking, speaking, breathing, reading, communicating, etc. This may include individuals with ADHD, dyslexia, cancer, diabetes, severe allergies, chronic asthma, Tourette’s syndrome, digestive disorders, cardiovascular disorders, depression, Conduct Disorder, Oppositional Defiant Disorder, HIV/AIDS, and behavior disorders.

Parents can use a 504 Plan to ensure that, while at school, their child is treated fairly, is medically safe, and can fully participate in all school activities. Any school (public or private) that receives federal funding must comply with IDEA and Section 504 laws.

What is the difference between an Individualized Education Plan (IEP) and a 504 Plan?

An IEP is for a child who has an intellectual or learning disability and requires specialized instruction and related services. A 504 plan is not an IEP as required for Special Education students. If a child has an IEP for Special Education, AND the student also has a physical or mental impairment, the 504 accommodations will be incorporated into the IEP.

What Parents/Guardians Need to Do

- 1 Contact the school and request a 504 Plan (can be done verbally or in writing). Most schools have a 504 coordinator; however, this may not be their primary role (may be a teacher or a counselor, for example).
- 2 Parent/Legal Guardian will receive written notification of a 504 Plan eligibility meeting.
- 3 Parent/Legal Guardian will receive written notification of a 504 Plan eligibility meeting.
- 4 504 Plan eligibility meeting is held. Individuals present may include parent/guardian, principal or designee, nurse, teacher, counselor, or school social worker.
 - Write down any questions prior to your meeting.
 - Take notes and ask questions if you do not understand.
- 5 If your child is approved, the school will work with you to create a 504 Plan. You are your child’s advocate, so ask for accommodations that you think will help (must be related to disease/illness). The 504 Plan is developed.
- 6 Once the 504 Plan is implemented, it must be reviewed at least every three years OR each time your child changes schools. The 504 Plan may be revised any time during the school year if needed.

What if the school does not approve or follow the 504 Plan?

If a parent/guardian disagrees with the school decision, the parent can request a due process hearing or file a complaint with the Office of Civil Rights. Parents can review “Notice of Rights for Disabled Students and their Parents” for further information. Ask your TCH Social Worker for a copy.

Are there accommodations for taking standardized tests for college (PSAT, SAT)?

Some students with documented disabilities are eligible for accommodations on College Board Exams like the SAT, SAT Subject Tests, PSAT/NMSQT, PSAT 10, or AP Exams. Students can’t take these College Board Exams with accommodations without prior approval from the Services for Students with Disabilities (SSD). It can take up to seven weeks for accommodations to be processed, so speak with your school’s SSD Coordinator to assist with the process. For further information: <https://www.collegeboard.org/students-with-disabilities/eligibility>

Is a college student eligible for a 504 Plan?

Section 504 of the Rehabilitation Act of 1973 also protects college students. Colleges offer a lot of support, but your child must seek out the services and advocate for himself/herself. Students must voluntarily disclose they have a disability, provide documentation, and request support or accommodations.

Suggestions for 504 accommodations might include

- Assuring that there are staff trained to check blood glucose levels and administer insulin and glucagon.
- Assuring that any staff member with immediate custodial care of the child is trained to recognize high and low blood sugar levels and knows what he or she is supposed to do in response. This would include staff members such as teachers, coaches, and bus drivers.
- Allowing the child to test his/her blood sugar level and take necessary actions in response such as administering insulin, or, if the child is not yet able to do so, provisions for who will perform this task.
- Provisions for where blood sugar levels will be tested and insulin administered.
- Ensuring full participation in all sports, extracurricular activities, and field trips, with the necessary assistance and/or supervision provided.
- Eating whenever and wherever necessary, including eating lunch at an appropriate time with enough time to finish eating.
- Taking extra trips to the bathroom or water fountain.
- Permitting extra absences for medical appointments and sick days when necessary.
- Making academic adjustments for classroom time missed for medical appointments, testing, or because of periods of high or low blood sugar.

Transition to Adult Care

When and how do I find an adult endocrinologist?

You and the provider will discuss when it is appropriate to find an adult endocrinologist. You will be provided with a transition letter with options for endocrinologist in the Houston area. If you are heading off to college, you may choose to find an endocrinologist near your new home. You can find an endocrinologist through your insurance company, or you may follow up with a FQHC (Federally Qualified Health Clinic) or clinic within the county health care programs.

The diabetes team will ensure you have prescriptions for the next three months at your last clinic visit. Please communicate with the team if you need additional supplies or if you need assistance finding an endocrinologist in your area. We encourage you to make appointments as soon as you know it.

To send your TCH medical records to the new endocrinologist, you must complete a consent to release information and contact the medical records department. The new endocrinologist may also contact TCH for records, but the records will not be released without a consent signed. You may also access test results and appointment history through MyChart.

Insurance Options after the age of 18

Private Insurance:

It is now a standard for insurance companies to allow children of parents with a private insurance plan to be able to insure the child until the age of 26. Follow up with your insurance company or human resources department for additional information.

Medicaid and CHIP:

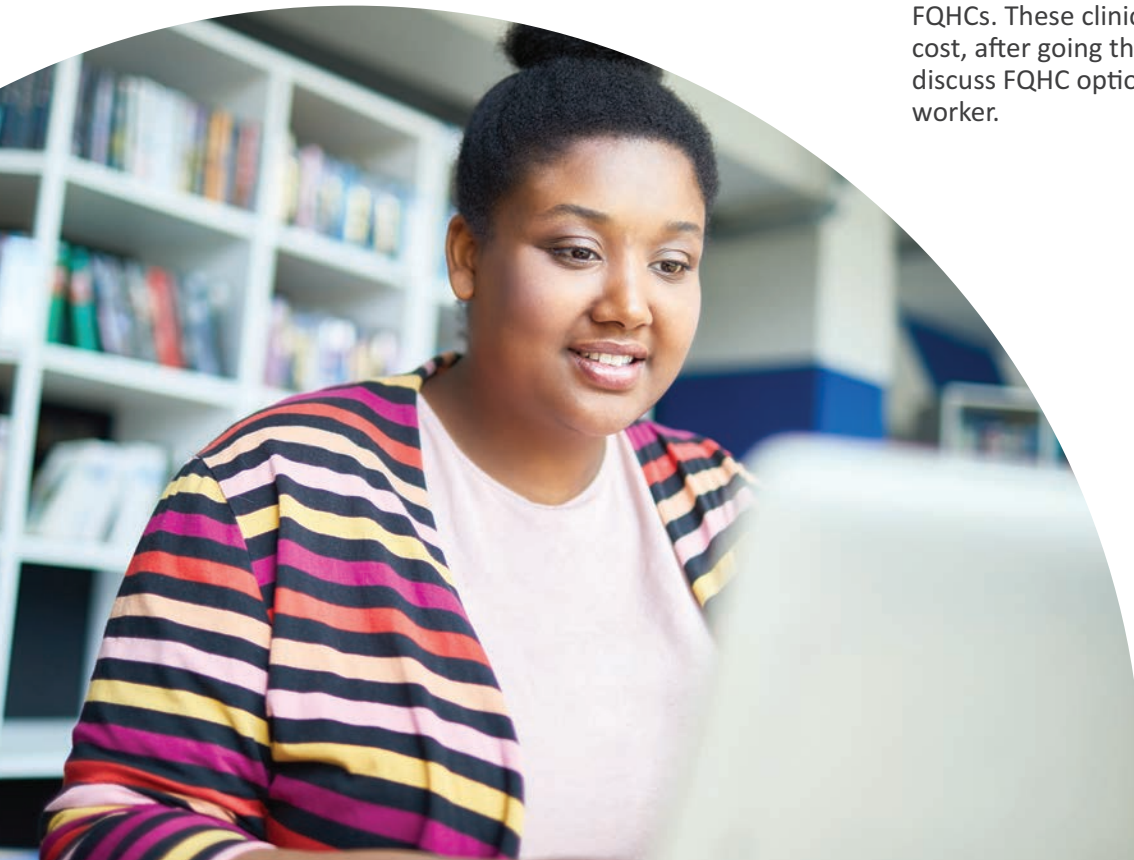
Most Medicaid companies do not end the Medicaid until the month of the 19th birthday. You must not let the Medicaid lapse after the age of 18. If the Medicaid lapses, you will no longer be eligible for Medicaid.

CHIP is for children under the age of 18. In some cases, they will continue coverage until the age of 20. Please discuss coverage with your CHIP provider.

You may request assistance from Texas Children's Financial Counselors, call 2-1-1, or call your individual Medicaid provider by the number on the back of your Medicaid card.

Low Cost Clinics:

The state of Texas has clinics across the state called FQHCs. These clinics offer services at low/discounted cost, after going through eligibility services. Please discuss FQHC options in your area with your social worker.



County Assistance:

Most counties have an indigent healthcare programs. There is normally an application process and eligibility requirements. Ask your social worker for assistance finding a program in your area. These programs will work with specific clinics and hospitals to provide services to those within the program.

Harris County (Harris Health Gold Card or Financial Assistance Program)

www.harrishealth.org
Assistance Line: 713- 566- 6509

Fort Bend County (The County Indigent Health Care Program, CIHCP)

<http://www.fortbendcountytexas.gov/index.aspx?page=32>

Rosenberg Office: 281-341-664
Missouri City Office: 281-403-8066

Montgomery County (Health Care Assistance Program, HCAP)

<http://www.mchdtx.org/healthcare-assistanceservices/>

Conroe Office: 936-523-5100

Jefferson County (IHC)

<https://www.co.jefferson.tx.us/PublicHealth.htm>

Beaumont Office: 409-835-8530
Port Arthur Office: 409-983-8380

Brazoria County (CIHCP)

<http://brazoriacountytx.gov/departments/healthdepartment/indigent-health-careprogram>

Angleton Office: 979-864-1884
Alvin Office: 281-585-3024

Galveston County

<http://www.coastalhw.org/>

Contact Center: 409-938-2234 or 281-309-0255

Insurance through College:

Most universities offer a student insurance plan at a discounted rate. We encourage you to follow up with your university or college for additional information on health care options.

Market Place Insurance (Affordable Care Act):

You may apply for Market Place insurance through healthcare.gov. There are deductions that you may qualify for. Deductions modify the gross income used to calculate cost of your insurance plan. Please complete an application to find out what you may qualify for! www.healthcare.gov

Legal Paperwork for over 18 Years Old

- Medical Power of Attorney: Make healthcare decisions when you are unable to make them for yourself.
- Out of Hospital Do Not Resuscitate Order or Advance Directive Decision to not be resuscitated.

Ask if your social worker can provide you with forms and notarize.

Notes

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Notes

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The information in this document is educational and not intended as medical advice or the practice of medicine. This information is not a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications or treatments.