

# **Murrieta Valley Unified School District**

## **Health Services**

### **Blood Glucose Testing in the Classroom**

Murrieta Valley Unified School District realizes that the treatment and management of diabetes has changed to require more frequent testing of blood sugar. Long term studies show that the better control of diabetes increases long-term outcome and reduced complications. Therefore, we believe that students should be allowed to monitor their blood sugar levels in the classroom provided the student has demonstrated ability to safely and accurately perform the glucose testing.

A written order from the student's physician and parents must be on file and support testing in the classroom. The school nurse should develop an Individual Specialized Health Plan to allow successful classroom monitoring. The plan developed should assure that:

- Classroom teachers are provided education regarding the necessity and parameters for blood sugar monitoring. The school nurse will assist the student to arrange for testing in the safest and least obtrusive way.
- If possible, the test will be administered in an area away from other students.
- Universal precautions are to be utilized at all times.
- Students will be allowed to carry food appropriate to reverse low blood sugar.
- Obvious disregard for universal precautions, non-compliant recording, or possible health threat to other students may result in withdrawal of the privilege of classroom blood sugar testing.

The following is a statement from the California School Nurses Organization in regards to support of blood glucose testing in the classroom:

“The California School Nurses Organization believes that schools play an integral part in assisting students to become productive and healthy individuals. We also realize that the time taken to walk to the health office and the energy expended may put some students in jeopardy. We believe that diabetic students should be able to take full advantage of every school opportunity, from academic preparation to participation in sporting and social events. In order to encourage this philosophy, the California School Nurses Organization recommends that when appropriate and when students so desire, they be encouraged to monitor their blood sugar in the classroom. Classroom blood sugar monitoring allows:

- Better control in order to prevent long-term complications of high blood sugar and complications of acute low blood sugar.
- Diabetic students to spend less time out of class.
- Students to attend school with less stigma as blood sugar monitoring loses its mystery when handled as a regular occurrence.
- Student's blood sugar monitoring is more easily accessible and able to be done when needed, fostering better control.
- Less time is spent between recognition of symptoms, substantiating low blood sugar and treatment with a snack.”