

Diabetes Skills Standard Training Checklist Carb Counting

Explanation/Return Demonstration
A. States purpose of carb counting.
B. The Individualized Student Health Plan is referenced and necessary interventions are followed. Insulin to carb ratio is identified,
C. Carb Resources: <ul style="list-style-type: none"> - Carb count may be supplied by parent and included in student's lunch Carb count may be provided by parent via phone call. <i>Student may call parent to verify carb count.</i> School Lunch Menu carb counts Calorie King Book Calorie King website – www.calorieking.com
D. Procedure: <ol style="list-style-type: none"> 1. <u>For students who use insulin pen or syringe that dose insulin for carbs before eating:</u> Student and/or UAP will determine total carbs. ISHP is consulted for insulin calculation. The insulin amount for blood sugar correction will also be determined based on ISHP. The insulin amount for carbs and the insulin amount for correction is added together for a TOTAL INSULIN Amount. The insulin bolus is given. 2. <u>For students who use insulin pen or syringe that dose insulin for carbs after eating:</u> Some students will return to clinic with hot lunch tray or contents of sack lunch so that UAP may determine amount of carb consumed. For each food item – UAP to determine whether NONE – ½ – ALL of the food item has been consumed. Total carb consumed is counted. ISHP is consulted for insulin calculation. Insulin for carbs consumed is added to insulin correction amount (based on pre-lunch BG) for a TOTAL INSULIN amount. The insulin bolus is given. 3. <u>For students on an insulin pump:</u> Blood glucose reading is entered into pump. Total carbs to be eaten is entered into pump. Bolus calculator will determine TOTAL INSULIN amount. UAP to determine that insulin amount is within parameters as indicated in the ISHP. Insulin bolus is delivered. <p style="text-align: center;"><i>This same procedure is done for students on pumps who bolus for snack carbs.</i></p> <p>For some students on an insulin pump, the bolus for blood sugar correction is given prior to the meal and the bolus for carbs is given after the meal.</p>
E. Document on Daily Diabetes Monitoring Log. Contact parent as indicated in the ISHP.