

DIABETES IN KY SCHOOLS TRAINING PROGRAM: UPDATES AND NEW DIRECTIONS

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BACKGROUND

- ❖ KRS 156.502 and 702 KAR 1:160
 - Mandates that schools must administer health services (including medication administration) to students who require this service during school hours or during school-sponsored events
- ❖ KRS 158.838 unlicensed school personnel in Kentucky are granted authority to administer insulin in school settings (2014)
 - Local public school districts must have at least one school employee who meets KRS 156.502 requirements on duty during the entire school day
 - Required to first complete an approved training course with competency verification for the administration of insulin
- ❖ 171 school districts across Kentucky serving 1,804 students with diabetes (2021-2022)
 - Type 1: 1,584 students
 - Type 2: 269 students
- ❖ 1,054 nurses employed in the Kentucky public school setting
 - 28 school districts do not have a dedicated nurse in their district, leaving 39,922 students without access to a nurse during school hours
- ❖ Kentucky Department of Public Health recognized the need for a comprehensive diabetes care training program for all school personnel
 - A team of diabetes experts and other stakeholders from across the state of Kentucky was established to address this need

PURPOSE

This group of modules is intended for unlicensed school personnel and school nurses who have accepted the delegation to train (nurses) and provide (designated unlicensed school personnel) diabetes-related care and medication administration to students with diabetes in a school setting and during school-related activities.

STAKEHOLDER TEAM

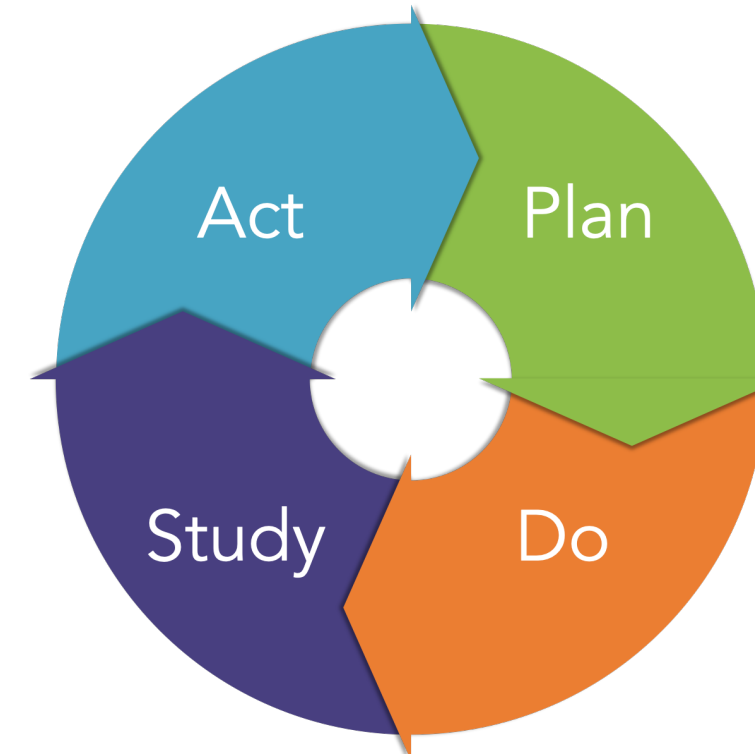
- ❖ The *Diabetes in KY Schools* stakeholder team is organized to lead the quest for educational support for school nurses and unlicensed school personnel to ensure children and adolescents with diabetes in Kentucky are safe at school
- ❖ Stakeholder members represent diabetes experts from institutions across the state of Kentucky and includes unlicensed school personnel and parents of children with diabetes

TRAINING PROGRAM OVERVIEW

- ❖ Online and on-demand module format
 - Modules updated based on annual recommendations from the American Diabetes Association Standards of Care
- ❖ Managed by CECentral at the University of Kentucky
- ❖ For a nominal fee nurses receive Kentucky Board of Nursing approved Continuing Education credits
 - Unlicensed personnel receive a certificate of completion and competency verification checklist (demonstrations to be witnessed and approved by licensed nurse)
 - School districts able to monitor and request access reports

PDSA CYCLE

The Plan-Do-Study-Act (PDSA) Cycle has been used at each stage to guide the development, implementation, evaluation, and revisions to the training program.



❖ Planning Stage Tasks

- Develop training program goals
- Decide on content to deliver
- Determine appropriate stakeholders
- Convene and develop written action steps to implement the plan

❖ Study Stage Tasks

- Analyze access and evaluation data
- Evaluate effectiveness of training program
- Determine needed revisions
- Establish sustainability plan (stakeholder team and training program)

❖ Do Stage Tasks

- Develop training curriculum
- Record module content
- Document development and implementation processed
- Pilot training program
- Gather access and evaluation data

❖ Act Stage Tasks

- Adapt program based on revision plan
- Re-record module content
- Roll out revised program
- Monitor access and evaluation feedback, annual Standards of Care updates
- Recruit additional stakeholders

IMPACT

- ❖ General participant feedback
 - Reception to the program has been overwhelmingly positive
 - Recommendations for additional topics
 - Requests for more advanced content for school nurses
 - Program content is currently intended for unlicensed school personnel
- ❖ ADCES Professional Practice Planning Committee
 - ❖ Invited to assist with national repository of similar trainings
- ❖ Collaborations
 - Major diabetes centers in Kentucky
 - Development of consistent Diabetes Medical Management Plans across each organization
 - Resource sharing and education initiatives
 - Senior undergraduate students enrolled in the University of Kentucky College of Engineering Computer Science program
 - Development of a standalone website to house the training program
 - Kentucky Department of Education and Kentucky School Nurses Association
 - Provide input regarding school personnel needs to refine training content

FUTURE DIRECTIONS

- ❖ Development of a research arm to better track and evaluate program outcomes
- ❖ Revisions to delivery of content
 - Interactive modules to promote active engagement
 - Separate modules for nurses and unlicensed personnel
- ❖ Expanded module content
 - Module 1: Welcome and Overview (No changes)
 - Provides background of laws and regulations and diabetes basics
 - Module 2: Exercise and Nutrition (Revised)
 - Overviews important components of nutrition and role in the body, diabetes medical management plans, ketone testing and treatment, and basics of food label reading
 - Discusses importance of exercise in diabetes management and how to prepare for unexpected changes in blood glucose during exercise
 - Updates: added more information on carbohydrate counting
 - Module 3: Medications and Emergencies (Revised)
 - Overviews common oral and injectable medications, identification and management of hypo- and hyperglycemic events
 - Updates: new-to-market medications
 - Module 4: Diabetes Technology (**NEW!**)
 - Overviews continuous glucose monitoring, basal bolus insulin therapy, continuous subcutaneous insulin infusion therapy, and Smart Pens
 - Purpose and use, current devices, benefits, and best practices
 - Module 5: Type 2 in Youth (**NEW!**)
 - Overviews differences between type 1 and type 2 diabetes
 - Pathophysiology, management, and treatment
 - Module 6: Healthy Coping (**NEW!**)
 - Describes healthy and risky coping strategies, stigmas and mental health risks associated with diabetes, strategies to support students
 - Module 7: Tying It All Together (Revised)
 - Application of concepts covered during training through case studies
 - Updates: additional case studies and carbohydrate counting resources



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