**Plano Independent School District**

**School Health**

**Carbohydrate Counting Procedural Guideline**

**Purpose**

To utilize a ratio of insulin to a specific number of grams of carbohydrates to achieve both glucose control and flexibility in the meal plan.

**Equipment and Supplies**

1. Menu with nutritional information
2. Diabetes Medical Management Plan (DMMP)
3. Calculator (optional)

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|  | **Essential Steps** | **Key Points and Precautions** |
| 1) | Review DMMP for specific orders. | Insulin to carbohydrate ratio will be listed under medication, ***example only***:  1 unit insulin per 13 grams of carbohydrates plus correction scale. |
| 2) | Determine what student will be eating for meal/snack. |  |
| 3) | Review nutritional information for carbohydrate content. | PISD nutritional information may be found on [www.pisd.edu](http://www.pisd.edu) under Parent Information, Nutrition & Menus and Menu & Nutrient Analysis. |
| 4) | Count total number of carbohydrates listed. | Proteins and fats are “free foods” in that they have minimal effect on the blood glucose level. |
| 5) | Divide total number of carbohydrates by ratio. | ***Example only***: 72 total carbohydrates divided by 13 = 5.5 units of insulin. Depending on results, may need to round up or round down if insulin pen/syringe does not deliver ½ unit increments. |
| 6) | Follow DMMP and check ***Correction Scale***, student may require additional insulin if blood sugar is over 151 or 201 mg/dl. | ***Example only***: Correction scale may be used when blood sugar is greater than 200 mg/dl, ***example only***:  201 to 250 = .5 unit  251 to 300 = 1 unit  301 to 350 = 1.5 units |
| 7) | Administer insulin per student’s insulin delivery system, if UDCA, always have another person double check calculations and dosage. | Student should eat within 5 to 10 minutes of insulin delivery to avoid hypoglycemia. |
| 8) | Document on student’s blood glucose log and medication sheet. |  |