

DPH Standards for Training Health Care Supervisors and Other Individuals Authorized to Administer Diabetes Medication at a Medical Specialty Camp

The camp's health care consultant must provide education and training and document the competency of every individual authorized to administer medication for diabetes care at a medical specialty camp under 105 CMR 430.159(F). The parent/guardian and the health care consultant must have given written informed consent for the camper's blood sugar to be monitored and medication for diabetes care to be administered by unlicensed individuals. The parent/guardian authorization should also contain a separate approval for self-administration by the camper, if applicable. Policies and procedures for education and training of individuals authorized to administer insulin at a medical specialty camp under 105 CMR 430.159(F) must be documented in the written health care policy and approved by the local board of health and camp health care consultant.

Education Topics: An approved education program will address, at a minimum, the following topics:

1. The importance of diabetes control.
2. Health lifestyle issues, including integration of healthy eating, physical activity, and relaxation.
3. Problem-solving skills for caring for diabetes at home versus camp.
4. Suggested blood glucose targets for various activities.
5. Understanding diabetes-specific standing orders.
6. New therapies and technologies.
7. Confidentiality.

Training Topics: An approved training will address, at a minimum, the following topics:

1. Consult the health care consultant on how other prescription/over-the-counter medications may interact with a camper's blood sugar levels and administration of insulin.
2. Blood glucose monitoring and recording, and supervising campers who self-monitor.
3. Insulin dosage adjustment based on nutrition and activity schedules.
4. Proper use of insulin auto-injector and pump.
5. Insulin pump troubleshooting and problem solving.
6. Diabetes complications.
7. Administering first aid and managing minor illness relative to diabetes complications.
8. Prevention and emergency treatment of hypo/hyperglycemia and ketosis.
9. Insulin administration errors or refusals and reporting procedures.
10. Documentation and Record-keeping.

Test of Competency: Each individual trained by the health care consultant must have a documented test of competency to administer medications for diabetes care. At a minimum, they must:

1. Demonstrate safe handling and proper storage of insulin, needles, auto-injectors and pumps.
2. Demonstrate the ability to administer insulin properly via all relevant methods.
3. Demonstrate an understanding of signs and symptoms of high or low blood sugar.
4. Describe diabetes management for campers.
5. Describe proper emergency action to be taken in response to cases of severely high or low blood sugar:
 - steps to follow;
 - administration of emergency medication, like glucagon;
 - when to call 911; and
 - notification of parents/guardian.
6. Describe proper action to be taken in response to insulin administration errors or insulin refusals.
7. Demonstrate appropriate and correct record keeping regarding use of insulin auto-injectors and pumps.
8. Use resources appropriately, including the health care consultant, parent/guardian or emergency services.
9. Demonstrate proper disposal of medical waste in accordance with 105 CMR 480.00: Minimum requirements for the management of medical or biological waste.