



Type 1 Diabetes Fact Sheet

Type 1 Diabetes is...

- ✓ affects around two in 1,000 children and young people. Only 5% have other types of diabetes
- ✓ is an autoimmune condition that attacks and destroys insulin-producing cells in the pancreas. Insulin moves glucose, from blood into body cells. Failure to produce insulin results in glucose levels rising so that bodies can't function properly

Poor control of blood glucose may affect **cognitive function** and **concentration**. Low blood sugar levels can affect **mental agility, ability to plan, make decisions or maintain attention** and may slow down **reaction times**.

Students with diabetes can fall **behind with their work** due to missing out on learning time due to related illnesses and medical appointments.

Type 1 Diabetes is not ...

- ✗ caused by poor diet or an unhealthy lifestyle. In fact, it isn't caused by anything that a student did or didn't do, and there was nothing they could have done to prevent it

Stress of exams may **impact on blood glucose levels**. Stress often makes blood glucose levels rise anyway but if **studying all day and not doing much activity**, students' **blood glucose is likely to rise even higher**

On the other hand, if **worrying about exams** leads to **loss of appetite**, then levels are likely to drop and students could have more hypos.

It can be hard but it is **important to keep blood glucose levels as close to normal as possible during exam time** to aid **concentration** and **exam performance**.

Type 1 Diabetes difficulties include...

The body's **natural response to eliminate the surplus glucose** is **toilet visits**

Pupil with diabetes should always be given a toilet pass.

Pupils with diabetes may experience **different symptoms** at different times

Ways to help pupils with Diabetes...

The **Diabetes Team at the Birmingham Women's and Children's Hospital** provides advice and support .

Classroom accommodations : create opportunities for pupils to make up for any lost learning time and **make allowances** when pupils are **struggling to focus** in lessons due to issues with regulating blood sugar levels;; permit **periodic snacks**, and **drinking of water** or a **sugary drink** if necessary; always **allow pupils with diabetes to go to the toilet**.

Provide a **private space** where students can **check glucose levels, administer insulin**, and **rest** as and when needed

Common exam access arrangements for students with diabetes include: **rest breaks (eg if has a hypo/hyper); provision of drinks and snacks (to treat/prevent a hypo/hyper); access to blood glucose monitoring equipment**

If blood glucose levels have affected exam performance, there may be a case for applying for **special consideration**.

Other Information ...

<https://bwc.nhs.uk/diabetes>

<https://www.diabetes.org.uk/>

[https://www.diabetes.org.uk/In Your Area/Midlands](https://www.diabetes.org.uk/In-Your-Area/Midlands)

<https://www.diabetes.co.uk/>

