



Children's
of Alabama®

March 20, 2024
RE: Kayla Thomas
DOB: 2.6.06

To Whom It May Concern:

Kayla is an 18-year-old female with insulin dependent diabetes. She was diagnosed with diabetes in 2020 and has been managed on insulin since that time. I last saw Kayla on 3.20.24 at Children's Hospital in Birmingham, AL.

Kayla has no difficulty with activities of daily living such as walking, seeing, hearing, learning, etc. I encourage an active lifestyle including exercise to improve blood sugar levels and maintain a healthy outlook. There are no physical restrictions for diabetes.

The medical plan for Kayla's diabetes is insulin pump therapy. An insulin pump uses a small catheter under the skin to deliver insulin 24 hours a day. She will change the catheter every 3 days or if there is a problem with insulin delivery. She will use the pump to deliver insulin when she eats or has a high blood sugar. She will count the number of carbohydrates she eats to determine the appropriate insulin dose. She will take insulin for any food eaten. Additionally, the pump will infuse small amounts of insulin 24 hours a day to control blood sugar. If the pump fails, she will need to utilize insulin injections. He will need to take 4-6 shots a day until the pump can be replaced. There are no side effects to medications, if taken in correct doses, that will affect academic performance.

Kayla must also monitor blood sugars 5-7 times a day or more often if ill or very active. An acceptable blood glucose range is 70mg/dl-150mg/dl. Blood sugar monitoring is needed to ensure that the correct amount of insulin is being received throughout the day. If blood sugar becomes too high, she will need to check her urine for the presence of ketones. If ketones are present as well as other symptoms, (fast heart rate, irregular breathing, fruity odor to breath, incessant thirst, frequent urination, altered mental status) **she will need to seek medical help.**

The major concern for the college is to know the signs of low blood sugar and what to do in case she needs assistance.

Signs of low blood sugar:

- | | |
|--|--------------------------|
| -Trembling Behavior Changes Paleness | -Slurred Speech |
| -Sweating Heart Pounding Irritability | -Inappropriate Silliness |
| -Growing Silent and Staring Sleepiness | -Seizures |
| -Unconsciousness | |

Russell Campus

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If Kayla has these symptoms, she should check blood sugar. She should then eat or drink a fast-acting sugar such as 4 oz juice or regular soft drink, 2-3 glucose tablets or candy.

If she is alert but unable to manage low blood sugar, apply 1/2 tube of glucose gel or cake icing between the cheek and gum and massage the outside of cheek with head elevated and then check blood sugar. After 5-10 minutes, if he is alert enough to cooperate and swallow, give 1/2 cup of regular (not sugar free) soda and a snack of peanut butter or cheese crackers. Then recheck blood sugar after 15-20 minutes.

If she is unconscious call 911 and give Baqsimi emergency medication. She should have Baqsimi with her. Directions are inside the package.

Kayla should be provided the following accommodations to manage diabetes while in college setting:

- He/she can have any snacks (food and drinks) in class or anywhere else on campus.
- He/she can check blood glucose at anytime (including class and extra-curricular activities).
- He/she may use the restroom when needed.
- He/she can test blood sugar prior to (and during) any exam. If blood sugar is lower than 70mg/dl or higher than 250mg/dl with ketones or illness she may be allowed to reschedule the exam to another time when blood sugar is stable.
- He/she should be allowed extra time to complete assignments if ill because of diabetes and it has been communicated through appropriate channels.
- He/she should not be penalized for absences related to diabetes symptoms.
- He/she should be allowed to keep all diabetes supplies with him on campus.
- He/she should have access to cell phone at all times as it is connected to continuous glucose monitor to assist with managing sugars.
- He/she can fully participate in all extra-curricular activities.
- He/she will need to keep insulins refrigerated to maintain viability, so fridge will be needed in dorm if staying on campus.
- He/she will need frequent bathroom access, so suite with bathroom needed, if available
- He/she will need to see an endocrinologist every 3-6 months to manage diabetes.

I would appreciate any assistance that you could give Kayla to help her realize her potential.

Sincerely,

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