

Children's Diabetes Service



School Log Book



Insulin injections



Personal contact details

Name of child		
Name and address of school setting		
Name(s) of school staff who administer insulin		
Name of parent/carer		
Telephone:	Home	
	Mobile	
	Work	
Alternative contact		
Telephone:	Home	
	Mobile	
	Work	
Diabetes Specialist Nurse		Telephone
Diabetes Specialist Dietitian		Telephone

This school log book is to be used during school hours and the parent/carer is required to complete the insulin dose to be given for the total carbohydrate, in preparation for the school staff.

CORRECTION DOSE

Table 1

Please also refer to Individual Healthcare Plan.

Blood glucose	Correction dose of insulin to be added depending on blood glucose

Parent/carer signature

Date started

Date stopped (if applicable)

Table 2 To be completed if correction dose changes.

If the correction dose is changed, parent/carer needs to advise the school not to use Table 1.

Blood glucose	Correction dose of insulin to be added depending on blood glucose

Parent/carer signature

Date started

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. **Insulin dose to be given for total carbohydrate** units

Parent/carer signature

B. **Insulin dose for correction if required** (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....

Date

Blood glucose pre-break mmol/l at time

Blood glucose pre-lunch mmol/l at time

Lunch

Food listed	Carbohydrate (grams)
1.	
2.	
3.	
4.	
5.	
Lunch – total carbohydrate	<input type="text"/>

Injection site

A. Insulin dose to be given for total carbohydrate units

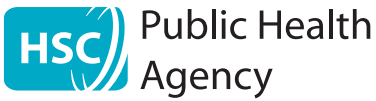
Parent/carer signature

B. Insulin dose for correction if required (refer to page 3) units

Total insulin dose to be given=Insulin dose for carbohydrate (A) + insulin dose for correction if required (B) units

Given by (signature) at (time)

Comments:
.....
.....



Public Health Agency

12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

Find us on:

