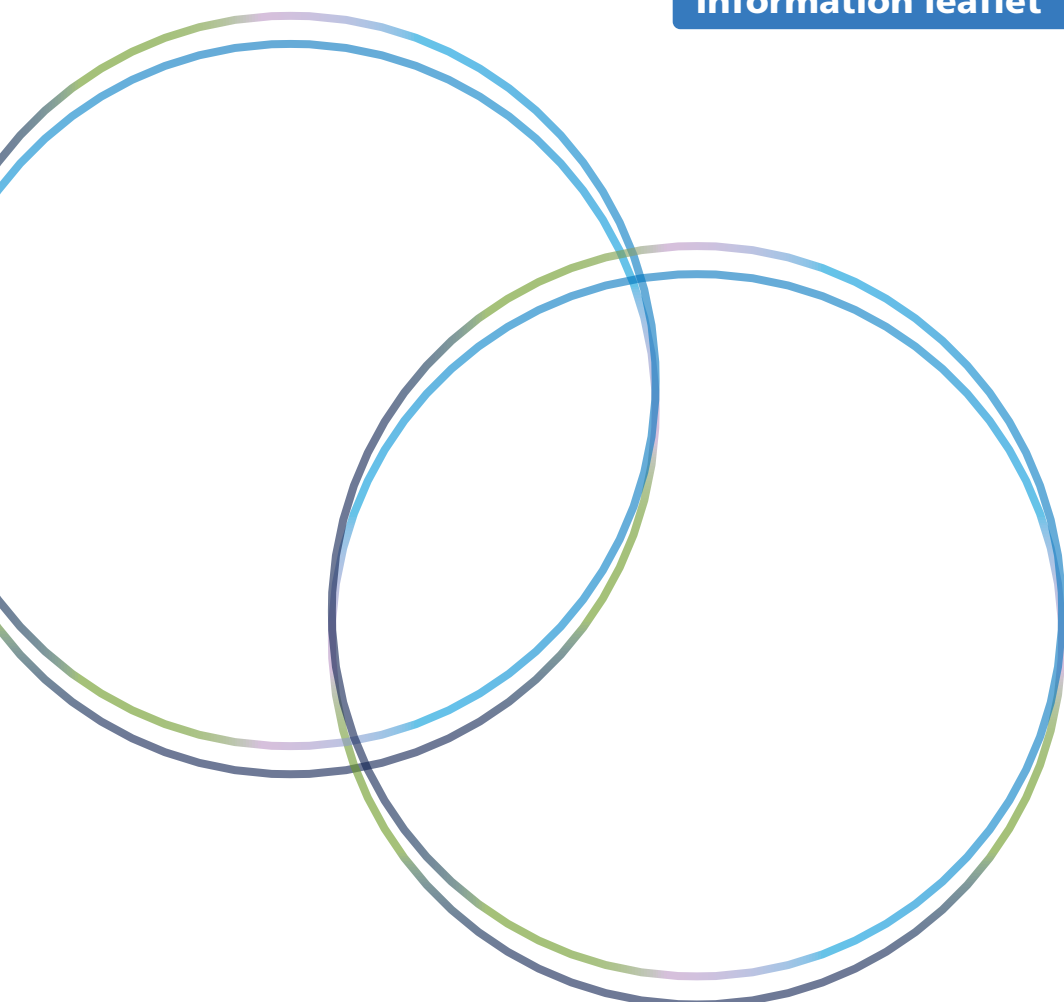


Top Tips for Managing Diabetes and Exams

Information leaflet



Oxfordshire Children's Diabetes Service

Children's Hospital, Oxford. Horton Hospital, Banbury.



Notes

A large, empty rectangular box with rounded corners, intended for taking notes.

Revising for and sitting exams can be a very stressful time. Learning how to manage your diabetes during these times is an important part of helping you to be well prepared for taking your exams.

Preparation for exams

Aim to optimise glucose levels in the weeks leading up to your exams:

- Have meals you are confident you have the insulin doses correct for, to minimise high and low glucose levels when revising.
- Find the breakfast that keeps your glucose levels in target range during the morning. Have this on exam days.
- Find the best lunch to keep your glucose levels in target range during the afternoon. Have this if you have afternoon exams.
- Decide what you are going to use to treat low glucose levels during exams, ideally something that can be unwrapped ready for use in a clear bag or a drink in an easy to open bottle that won't fizz!
- Be confident with how much hypo treatment you need to be effective.
- Think about how long it takes for you to feel fully recovered and able to concentrate properly after treating a low glucose level. This will help you arrange in advance an appropriate length of time for any supervised break you may need.
- If your routine changes significantly during the exam period, consider how this may be reflected in your levels.
- Make sure you are in contact with the **School Exams Officer** at your school, and that the staff who supervise exams know about your diabetes equipment. This includes a mobile phone used for glucose readings and/or pump communication which should be regarded as a medical device. The school will need to apply for approval if a phone is needed in the exam room, so allow plenty of time for this.

- Show staff your diabetes kit and how you plan to store it during the exam (in a clear bag or box, for example).
- Print a photo of the diabetes kit you plan to take into your exams and give this to the invigilator, so they know what it is if they have not seen it before.
- Make sure any alarms on insulin pumps or continuous glucose monitors (CGM) are set how you need them (audible or on vibrate), and let the invigilator know what the alarms are for.
- Make good use of “**access arrangements.**” Arrange and plan in advance; your school may have made these arrangements for other students in previous years, but their needs and yours may be different.
- Where are you going to sit when taking your exams? (Separate room, front or rear of main exam hall, etc.)
- Take drinks and snacks, blood glucose monitor, glucose sensor and insulin into exams, to prevent/treat high/low glucose levels.
- **Supervised rest breaks** (no maximum time) are allowed. You are entitled to have time out to check/treat low or high glucose levels. The clock is paused while you take any action required or use the toilet.
- A supervised rest break may be particularly helpful if you have more than one exam in one day. They may be planned or unplanned.

Be aware of “special considerations” if there are problems before or during your exams. These allow for potential adjustment of an exam mark, due to circumstances beyond your control.

- Special considerations will require evidence, e.g. record / download of glucose levels before and during exam periods. Make sure the date and time is set correctly on your blood glucose monitor /pump /sensor.
- Invigilators must be fully informed at the time of the exam of circumstances that may be relevant when applying for special considerations, e.g. low glucose level on the morning of the exam; any glucose levels affecting performance during the exams. You will need to be able to show that all necessary arrangements to allow you to take your exams as planned were in place.

Further information can be found in the Diabetes UK exams guidance via the following website or scan the QR code below;

Website: www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes/schools/school-staff/exams

Exams and diabetes management at school QR Code:



On the day of an exam

1. Eat a meal (breakfast or lunch) that you are confident will optimise glucose levels during the exam.
2. Make sure all your diabetes equipment is working well (new batteries/charged, etc.) and you have it in a clear bag/box to take with you into the exam.
3. Take along a photo of your diabetes kit to give to the invigilator.
4. Introduce yourself to the invigilator for your exam before it starts.
5. Check your glucose level 20 minutes before the exam room, so you have time to make any necessary adjustments

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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