

## The Barton Center for Diabetes Education, Inc.

### Dear Parents and Guardians,

The Barton Center is committed to maintaining the health and well-being of your child while he or she is in our care. In order to accomplish that goal, we must have a strong and open two-way communication regarding your child. We know that you want only what is best for your child, and we share that expectation.

**MEDICAL AND HEALTH CARE STAFF:** Our Medical Directors are board-certified pediatric endocrinologists from major medical centers in New England who actively participate in the development, annual review, and implementation of our health care policies. Our on-site Health Care Team includes a blend of registered nurses, student nurses, endocrinology fellows, and students in related health care programs who are under the 24-hour supervision of an endocrinologist or advanced practitioner with diabetes experience.

**DIABETES MANAGEMENT:** Children's activity, diet, sleep patterns, and stress levels are different at camp than at home. Your child's blood sugar may run higher or lower than he or she is used to. While we strive to balance insulin doses to offset these changes in routine, the primary goal for glucose management at camp is safety, avoiding extreme highs and lows. It has been our experience that, for most children, the basal rate or long-acting insulin dose, needs to be reduced by 20% and the target blood glucose may need to be raised to reduce hypoglycemia in the setting of increased activity. Insulin adjustments will be discussed and implemented as needed on opening day. Each child's blood glucose levels are reviewed daily by the on-site endocrinologist or diabetes practitioner, and insulin plans will be adjusted as needed to maintain safe and therapeutic glycemic control. If your child maintains tight glycemic control or follows special dietary requirements related to diabetes management, let us know. Please understand that we may not be able to accommodate all requests in the camp setting.

**CONTINUOUS GLUCOSE MONITORING:** Campers and under-18 staff members using continuous glucose monitors are required to perform capillary blood glucose checks according to The Barton Center's protocols. Devices that share real-time blood glucose data with anyone who is not at camp must be disabled. Campers will only be allowed to use cell phones as receivers for their continuous glucose monitoring device, and sim cards will be removed and given to parent(s) at check-in.

**DIABETES SUPPLIES:** We provide blood glucose meters, strips, insulin, and treatment for low blood glucose. Please provide any pump and/or CGM supplies your child will need, including extra infusion sets to account for increased activity leading to more frequent site changes. Campers using ½-unit insulin pens should bring these as well. We do supply the insulin cartridges for the ½-unit pens.

**EDUCATION:** Campers are taught to identify the impacts of nutrition, activity, stress, sleep and medication on their diabetes management. Younger campers collaborate with camp staff as they learn to play a greater role in balancing their lives with diabetes; older campers are encouraged to explore how diabetes affects them as members of the community. Our education strategy blends teachable moments and group sessions with camp counselors, health care team members, and nutritionists.

**BEHAVIOR:** We expect that your child will have a wonderful experience at camp. However, behaviors that endanger self or others will not be accepted, and we may be forced to send your child home if such behavior cannot be controlled. Behaviors that may lead to dismissal from camp include actions dangerous to self or others, unsupervised insulin delivery, and uncontrolled disordered eating. Campers who give bolus insulin by means of an insulin pump without staff supervision may be taken off the pump and placed on injections. You will be notified if this occurs.

**PARENTAL NOTIFICATION:** It is the policy of The Barton Center to notify parents of the following:

- Behavioral problem
- Illness or injury requiring extended observation in the Health Center
- Injury requiring more than simple first aid
- Hypoglycemia resulting in unconscious state or seizure
- Referral to an outside health care facility
- Medication error
- New prescription
- Changes in diabetes management other than titration of insulin dose
- Pump malfunction
- Other situations as deemed necessary by the Camps and Program Director or Medical Providers

If you have any questions or concerns, please contact us at 508-987-2056, ext. 2000.