

Hello families!

We are beyond excited to welcome your family to camp! Our goal is for campers to have a fun, active, and safe experience at camp. Experience has taught us that campers are often more active at camp compared to home, increasing the risk of hypoglycemia, and our Medical Advisory Committee has developed diabetes management protocols to minimize that risk. Below is an overview of our protocols.

### **Low Blood Sugar Protocols**

Blood glucose levels <80 or 100mg/dL with double arrows down on a continuous glucose monitor (CGM) will be treated with 4 glucose tabs (16g fast acting sugar) and then consequently will be treated with 15g of complex carbohydrates after the 15 minute recheck once the blood sugar is > 80mg/dL. Blood glucose levels between 80-99mg/dL will be treated with 15g complex carbohydrates.

Some campers may be treated using a “reduced protocol,” with one-half the amount of carbohydrates listed above. This is instituted on a case-by-case basis at camp check-in, based on how hypoglycemia is successfully treated at home, after discussion between family and the medical team.

### **High Blood Sugar Protocols**

At camp we will provide correction doses of insulin at our mealtimes unless otherwise directed from the onsite medical providers (OSMPs). Correction doses will not be given more than every 3 hours. Giving insulin sooner leads to insulin stacking and may cause extreme low blood sugars. This protocol will be used with injections, manual pumps, and automated insulin pumps. If campers have prolonged hyperglycemia, they are checked for ketones, with additional management as indicated for ketosis.

### **Blood Glucose Monitoring**

At camp, the OSMPs review blood glucose levels (which are noted before meals and snacks, bedtime, midnight, and 3 AM; 3 AM checks will occur as necessary for campers or at parent requests during medical check-in) for each camper daily, but they can look over additional blood glucose levels, as well as the CGM, throughout the day as needed. Additional review of blood glucose levels is based on requests from the OSMP, healthcare staff, and the individual campers, who are encouraged to speak with their healthcare staff if they are concerned about their blood glucose levels. Parent recommendations for more thorough blood glucose monitoring will be considered but may not be followed. Devices that share real-time blood glucose data with anyone who is not at camp must be disabled prior to camp start.

### **Insulin dose adjustments**

At check in, **all** campers will have their basal rates reduced by 20%, with the exception of those on the Omnipod 5. Omnipod 5 we will adjust the target to 150. This is for the safety of the camper due to the increased physical activity that occurs during camp. During camp, insulin dose changes are made based on blood sugar patterns noted over time. Please be mindful that blood glucose levels can vary during a camper’s stay due to changes in activity level (i.e., decreased activity due to weather), in which case, high blood sugar levels may not trigger an increased insulin dose.

These protocols are in place to ensure all campers have a safe and fun time at camp. By registering your child for camp, you agree to our protocols. Our protocols are reviewed annually by the Medical Advisory Committee and are subject to change. If you have questions or would like a further explanation of our protocols, please reach out to the healthcare team at the email listed below.

**Please note:** Some exclusions may apply to those attending our day camp programs.

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The Healthcare Team

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