Guidebook on Rights and Responsibilities for Diabetic Students in Qatar Schools 2015
Introduction

The Ministry of Health has recently revealed the results of its statistics on Diabetics in the State of Qatar, showing an increasing incidence of diabetes in the last years especially among children aged less than 14 years. The International Diabetes Federation also stated that 25% of Qataris are prone to diabetes by 2030 due to physical inactivity leading to obesity and unhealthy eating habits. While confirming the increasing percentage of diabetics in Qatar, Qatar Diabetes Association indicated the pressures and challenges diabetic students face at school, especially children, when considering their condition. The association advised that a safe and positive environment should be provided to diabetic students in schools, recalling for their rights to access integrated healthcare that would spare them all disease-related problems and reduce its impact and complications.

From this standpoint and to realize Qatar National Vision 2030 that aim at building and preparing Qatari citizens to meet the challenges and to provide public and preventive health care for all Qataris, taking in consideration the special needs of children, the Supreme Education Council (SEC), has issued decisions and recommendations to address the issues of diabetic students in schools, including the development of a guidebook that contain basic rights and duties towards diabetic students during their presence at schools with a view to ensure equal rights in parity with their healthy peers.

Allah is the Arbiter of success,„„
General Goals of the Guidebook

This guidebook sets out the rights and duties of diabetic students in schools in order to:

- Ensure health and safety of diabetic students during their presence in school.
- Establish a safe and healthy educational environment for diabetic students enabling them assume their part in life with full integration in society.
- Protect students from diabetes complications during their stay in school.
- Ensure students’ participation of in all school activities.

Definitions

- Diabetes:
  Is the condition when blood sugar level is high in the body.

- Types of Diabetes:

  - **Type 1**: Insulin-dependent diabetes. People who develop this type of diabetes need treatment in the form of insulin shots on a daily basis and should follow a balanced lifestyle of diet and exercise.

  - **Type 2**: Non-insulin dependent diabetes, the majority of people affected with this type are obese. It can be controlled with exercise and following a healthy diet.
- **Causes of Diabetes:**

  **The causes of Diabetes Type 1:**
  The causes of this type of diabetes are still unknown.

  **The causes of Diabetes Type 2:**
  Genetics – obesity – physical activity and lack of exercise – unhealthy diet (fast food).

- **Symptoms of Diabetes:**
  - Felling very thirsty.
  - Urinating often.
  - Feeling very hungry.
  - Weight loss for unclear and unknown reasons.
  - Extreme fatigue.
  - Blurry vision.
  - Cuts/bruises that are slow to heal.
Rights of Diabetic Students in Qatar Schools

1. Treat diabetic student normally, without discrimination when registering him/her at the school or throughout his/her schooling.

2. Not to distinguish him/her from the rest of his/her peers due to his/her condition. He/she should receive the same psychological and educational treatment like the rest of his/her schoolmates.

3. Provide them with health care to enable them access to immediate treatment:

3.1 The school should provide a nurse during school time and should have an employee who has received training on how to deal with diabetes and identify such employee officially to the entire school.

3.2 Provide the school staff and bus drivers with the names of diabetic students who take the bus, and provide them with instructions and guidelines in case of emergency.

4. Provision of treatment tools for diabetic students (sugar blood diagnosis tool, Insulin and injection needles, equipment for insulin pump, glucose pills or gels) and sweetened juices and water. The school should allow such students to keep such provisions with them inside or outside school and during excursions and activities.

5. Provide diabetic students with the appropriate information about the nature of their illness in the best way that would make them understand the condition.

6. Health monitoring and continuous support:

6.1 Monitor their health condition during school time to protect them from health problems they might face, such as: Sudden change of blood sugar level.

6.2 Monitor their condition during physical activity and excursions, and ensure their access to emergency assistance.
6.3 Monitoring the supply of insulin by the official nursing staff at school following the treatment program set for them.

7. Allow diabetic students to drink water and go to the toilets:
   7.1 Allow diabetic students to drink water at all times, whenever and wherever needed.
   7.2 Allow diabetic students to go to the toilet when needed.

8. Classes, sports activities and excursions:
   8.1 Allow diabetic students full participation in physical activity and other activities, including excursions under the supervision of the school staff, while taking all necessary measures to address the emergency cases in accordance with security and safety requirements.
   8.2 Not to engage diabetic students in any group activity detrimental to their, such as: Tasting or eating banned food.

9. Diet Meals:
   9.1 Provide healthy and balanced meals especially for diabetic students in the school canteen according to the diet prescribed by the doctor.
   9.2 Allow diabetic students to eat snacks whenever needed, both during school hours or during excursions especially before the Physical Education class, and allow them to eat a full meal.
   9.3 Provide nutrition with high sugar to diabetic students when necessary, and after inspection, such as sweetened juices.
   9.4 Allow sufficient time for diabetic students to finish their meals under all circumstances.
10. Schooling times:

10.1 Show flexibility with the timings of attendance and exit when needed, or accept their absences from school provided they furnish a medical justification.

10.2 When a diabetic student experiences a high/low sugar stroke on the test day/during the testing, the test should be rescheduled for him/her based on the evaluation policy and accept his/her absence justified.

10.3 Allow the student to check his/her blood sugar level, take medication or to go to the toilet, even during exams, and to make sure to extend the examination time to make up for the time spent for taking the preventive procedures in dealing with the symptoms of diabetes.

Responsibilities of Diabetic Students and their Parents in Qatar Schools

Diabetic students and their parents must adhere to the following responsibilities:

- Provide the school nurse with the correct and accurate information about the condition and should not hide any information.

- Inform the school nurse about any modifications to the treatment plan recommended by the treating physician.

- Adhere to the health care instructions as set by the physician during the student’s schooling time in coordination with his/her family.

- To follow the recommended healthy lifestyle, diet and exercise in school.

- Not to conceal any necessary information to those surrounding the diabetic student so that they can assist in emergency situations like providing first-aid in the event of an increase or decrease in the level of sugar in blood.