



MAINE DEPARTMENT
OF EDUCATION

Type 1 Diabetes Care in Schools: State-Specific Curriculum Maine

As part of the National Association of School Nurses project, Providing Coordinated Care and Capturing Outcomes for Students with T1D, funded through The Leona M. & Harry B. Helmsley Charitable Trust Grant #2302-06680

Presented by: The Coordinated School Health Team





576

PreK-12 Students living
with T1D
(Maine School Health
Annual Report, 2024)

Outline

- FOUNDATIONS
- WHY LOCAL MATTERS
- STATE SPECIFIC VARIABLES - Maine



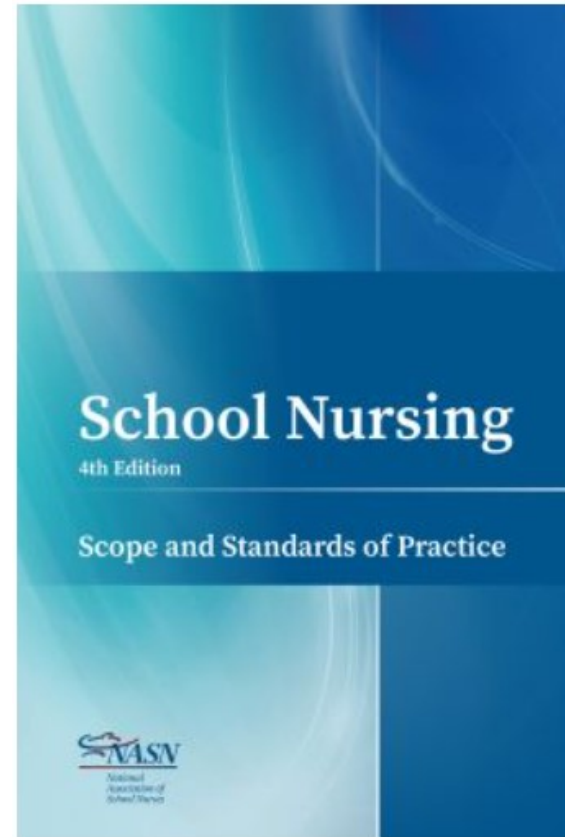
Role of the School Nurse in Diabetes Care



- Know your resources
- Provide training, direction, coordination and oversight
- Clarify and decline any medication or unclear orders believed to jeopardize safety of the student
- Create health plans
- Assist in creating procedures/protocols

School Nursing Scope and Standards of Practice

- Provides who, what, when, where, how, and why of school nursing
- Provides professional expectations that guide practice
- Every student should have access to a school nurse for equity and the best academic outcomes
- School nursing is a key component of supporting the Whole Student



School Nursing Practice Framework™

Supporting Students to be Healthy, Safe and Ready to Learn



*National
Association of
School Nurses*

<https://www.nasn.org/nasn-resources/framework>



Code of Ethics

- [ANA Code of Ethics](#)
- [NASN Code of Ethics](#)





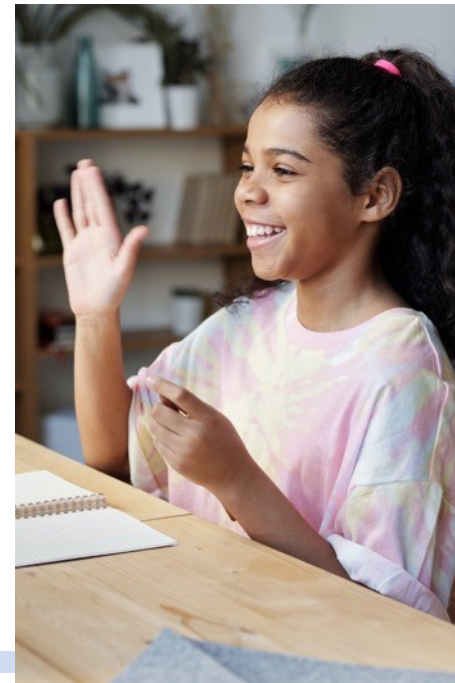
Federal Legislation

- [Americans with Disabilities Act \(ADA\)](#)
- [Family Educational Rights and Privacy Act \(FERPA\)](#)
- [Free and Appropriate Public Education \(FAPE\)](#)
- [Individuals with Disabilities Education Act \(IDEA\)](#)
- [Section 504 of the Rehabilitation Act of 1973](#)
 - [American Diabetes Association Section 504 Sample](#)

Why Local Matters

Local differences in policies, resources, and clinic/school procedures matter in creating excellent diabetes care in school.

Subtle differences such as local culture around communication, health, and service, societal goals/challenges, and styles of health-promoting initiatives also matter.



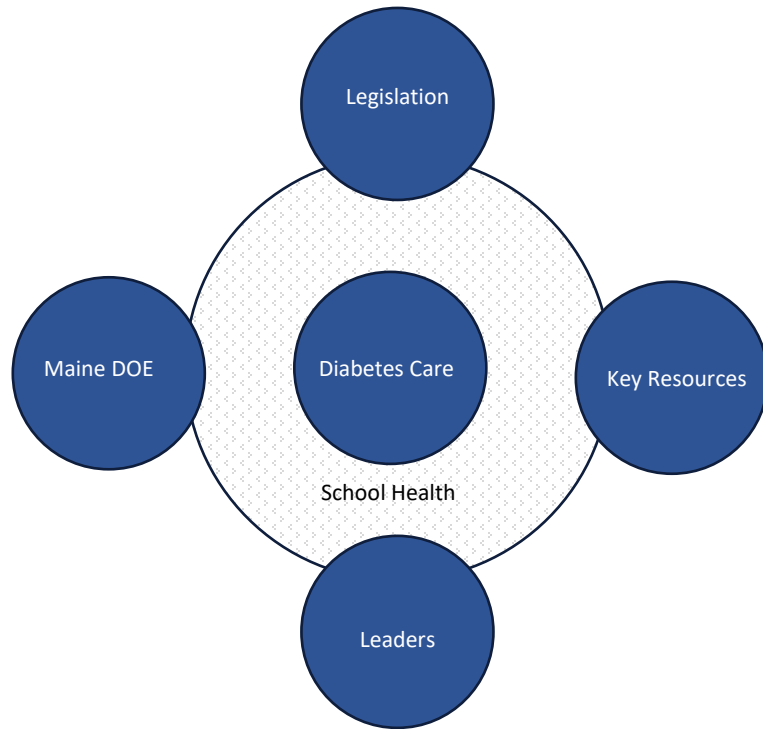
State-Specific Variables

Each state has guidance, policies, diabetes, school nursing, and education leaders organized in different ways.

Understanding the fundamentals of this helps empower school nurses to access the best resources to support students with diabetes in their schools.

For example: [ADA Safe at School](#) for Maine and [Maine DOE Diabetes Management and Resource Guide](#)





State-Specific Variables

- School Health Leaders
- Maine Legislation
- Maine DOE Rules and Regulations
- Key Resources

Maine Laws & Regulations

- MRS Title 32, Chapter 31-
Nurse Practice Act
- [Public Law 2024, Chapter 592](#) -Delegation
- Rule Chapters for the
Department of Education





Chapter 40

1. Administering medications in a school setting
2. Required annual training of UAP
3. Procedure for school field trips/off-campus
4. Reporting

In Maine, is a school nurse required in every school/district?

- A school nurse is not required in every school but every School Administrative Unit (SAU), sometimes referred to as "district" is required to have a school nurse.
- School Health Annual Report 2024: 425.15 full-time equivalent RNs
- Maine DOE Staffing Report 426.7 FTE

<https://www.mainelegislature.org/legis/statutes/20-a/title20-Asec6403-A.html#:~:text=%C2%A76403%2DA.-,School%20nurse,for%20the%20school%20administrative%20unit.>

Potential Barriers:
School Nurse
Shortages and SN
Substitute
shortages.

What Are the Requirements to be a School Nurse?

School Nurse Certificate Pre-K-12 (524)

Section A: Valid Maine Registered Professional Nurse license

Section B: Holds a bachelor's degree

Section C: Completed a minimum of three years' experience as a nurse. At least one year of this experience shall have been within the five years prior to initial application for this certificate.

Section D: (3) semester hours in Diversity-centered content (e.g., Culturally responsive teaching, multicultural education, intercultural education, second language acquisition or world language teaching methods)

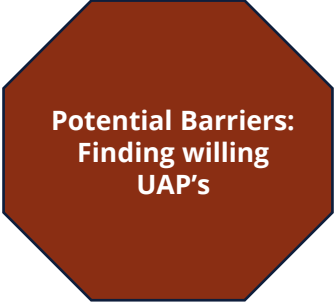
Section E: Criminal history record check approval – based on fingerprints

- Contact Information for Certification questions
- Email: cert.doe@maine.gov
- Phone: (207) 624-6603

When No Nurse is Present

- Can delegate to LPNs and CNAs

*A new law regarding delegation in schools has passed - stay tuned on how it applies



Potential Barriers:
Finding willing
UAP's

<https://www.maine.gov/boardofnursing/docs/Chapter%206.pdf>

https://www.maine.gov/doe/sites/maine.gov.doe/files/inline-files/Decision%20Tree.7_2022%20%281%29_0.pdf

School orders

- Order templates vary by clinic/provider
 - [ADA Diabetes Medical Management Plan example](#)
 - [National Diabetes Education Program \(NDEP\) Diabetes Medical Management Plan example](#)
 - [The Barbara Bush Children's Hospital Roadmap example](#)

Glucagon

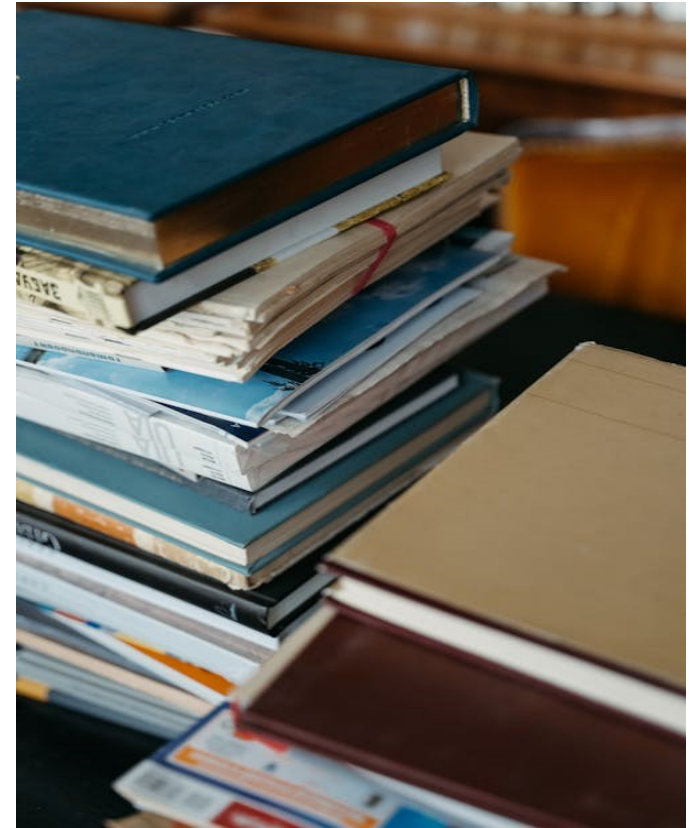
Schools may stock undesignated ready-to-use glucagon for use if a student with a known diabetes diagnosis does not have their supply of glucagon available on-site, or it has expired.

Potential Barriers:
Cost and locating
local pharmacies
that are licensed to
dispense to
schools.



Key Resources in Maine

- Maine Department of Education, State School Nurse Consultant, and Coordinated School Health team
- Maine Association of School Nurses
- Maine Centers for Disease Control and Prevention (CDC), Diabetes Prevention
- School Health Advisor
- Pediatric Endocrinology clinics





School Nurses promote wellness, disease prevention, and effective disease management to improve health outcomes for students.

Coordinated School Health Team (CSH): School Nurse Consultant



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The nursing staff in CSH provide support for schools as they work to build healthy students who are ready to learn. School nurses, the foundation of school health services, are licensed healthcare professionals working in educational settings and play a vital role in student success. They incorporate standards of nursing practice, coordination of care, leadership, and public health into schools on a daily basis.

CSH: School Nurse Specialists



Sarah DeCato, MSN, RN, NCSN

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Primary Focus:

Infectious Disease Management

Early Childhood Education

Emergency Preparedness



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Primary Focus:

Chronic Condition Management

Mental Health and Substance Use

Prevention

CSH: School Nurse Regional Liaisons

The SNRL complete the CSH team and provide direct regional support to school nurses and other school staff.

They build the connection between education and health programs.



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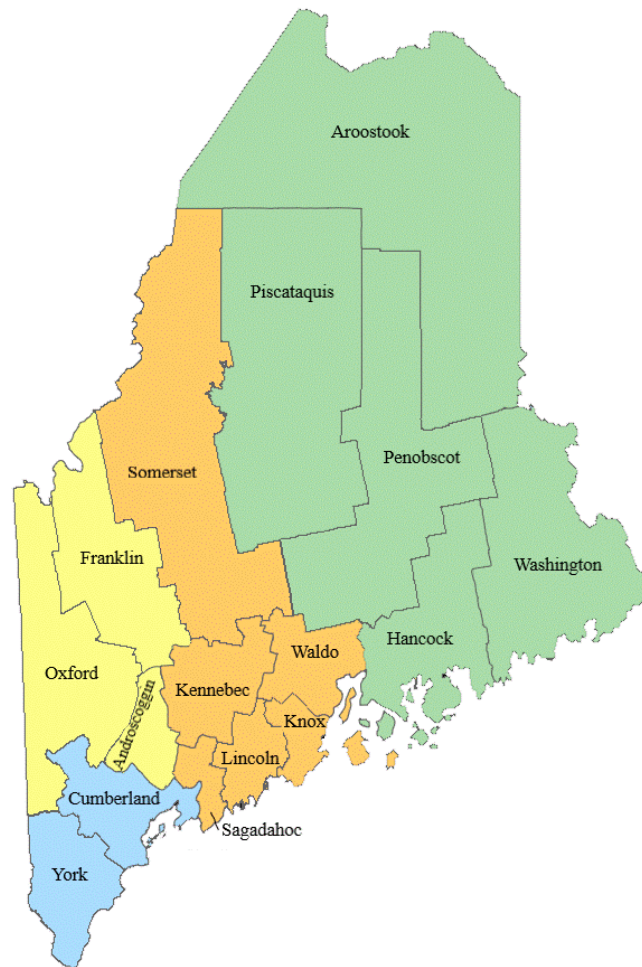
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Southern: Lori Huot BSN, RN, NCSN
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Maine Association of School Nurses



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<https://maineschoolnurse.nursingnetwork.com/>

Request to Join the MASN Google Discussion Group:

<https://groups.google.com/g/maine-school-nurse-discussion-group>

Maine CDC: Diabetes Prevention



Diabetes
Resources

[Maine Diabetes Prevention & Control Program](#)

[Rethink Diabetes Maine](#)



School Health Advisor

§6402

Title 20-A: EDUCATION

§6403

Part 3: ELEMENTARY AND SECONDARY EDUCATION

Chapter 223: HEALTH, NUTRITION AND SAFETY

Subchapter 3: SCHOOL HEALTH SERVICES

§6402-A. School health advisor

Each school board shall appoint one or more physicians or family or pediatric nurse practitioners to act as school health advisor. [PL 2013, c. 78, §1 (AMD).]

1. **Duties.** The school health advisor shall advise the administrative unit on school health issues, policies and practices and may also perform any other health-related functions assigned by the board.


- School Health Advisor (Required for each SAU)
- Appointment is on a yearly basis

Full legal text and sample Advisor Role Template:

<https://www.maine.gov/doe/sites/maine.gov.doe/files/inline-files/School%20Health%20Services%20-%20Maine%20DOE%20-%20Maine%20AAP%20-%20Maine%20School%20Health%20Advisor%20Role%20Template%20-%20206.6.24.pdf>

Pediatric Endocrinology Clinics in Maine

- [MaineHealth](#)
- [Northern Light Health](#)



Potential Barriers:
Limited Options
and Large Travel
Distances

Where can I get more training and education about diabetes?

- [American Diabetes Association \(ADA\)](#)
- [Barbara Bush Children's and Portland Maine Medical Partners](#)
- [JDRF aka Breakthrough T1D](#)
- [Maine Association of School Nurses \(MASN\)](#)
- [Maine Department of Education](#)
- [Maine P-Pods](#)
- [National Association of School Nurses \(NASN\)](#)
- [Northern Light Health](#)



THANK YOU!

School Nurses: Thank you for all your dedication and support for children with diabetes in our schools!

Many leaders in school health and diabetes care in Maine spent time, thought, and effort to come together to develop the content in this document. Thank you!



Stay Connected!

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@mdoenews



@MaineDepartmentofEducation1



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