

## Personal management plan "Know me, know my illness"

My name	Joy Kilpin
My date of birth	August 4 <sup>th</sup> 2015
My parent's / guardian's name	Grace & Jacob Kilpin
Address and contact details	Lot 3, Irima road, Baddagini SHP.
Type of chronic illness	Diabetes - type I, insulin dependent - 2 x daily insulin
Severity and frequency of exacerbations	not common unless I miss my insulin, or miss meals, or have fever or vomiting
Description of exacerbations: what happens when I get sick	Become tired, vomiting,
Long-term treatment / preventative medications	Insulin - Mixtard 30/70 18 units mane, 9 units dinner time
What else helps to stop me getting sick	Eating regularly 3 times each day, checking blood glucose each day
Extra medications I take on "sick days"	May need more insulin, keep having regular meals, check BSL more often
What other treatments help me when I am sick?	Have barley sugar if my blood glucose is low
Emergency plan	
Step 1	check blood glucose if low → give barley sugar or sweets + meal
Step 2	If high → give more insulin check for fever or infection
Step 3	
Phone number of paediatrician / GP who looks after me	72236223 Naomi (Paediatric nurse)
Anything else about me?	I like school
Likes / dislikes in the way I am looked after	Ask me about my diabetes as I know a lot
This plan was compiled by (name and signature)	
Date this plan was compiled	16 April 2023