



**Camp Pendola Health Service:  
About your Child's Diabetes**

**Name of Child:** \_\_\_\_\_  
**Camp Session:** \_\_\_\_\_

Your child will continue self-care for his/her diabetes while attending Pendola. Our Health Care staff, while not diabetes educators or specialists in diabetes care, would like to partner with you insofar as supportive care is concerned. They will rely on this form's information to direct that support.

We recommend that you complete this form in consultation with your diabetes educator. **Return this form to us at least three weeks before your child arrives.** If you have questions or concerns, please call us at 916-PEN-DOLA. Attach additional information as needed, including physician medication orders or greater detail about your child's diabetes history.

Things to consider about this year's Camp Pendola Program:

1. Because the program takes place outdoors, your child may be more physically active than at home.
2. Children do their own diabetes care while with us. We ask that supplies (insulin, syringes, glucometer, etc) be kept with the Health Care Specialist where there will be a sharps container available.
3. Not all staff will have an RN in residence. At minimum, a person trained in first aid and CPR is available.
4. There will be access to a local physician, clinic and hospital services if necessary. It takes at least 45 minutes to transport someone to the next level of care. In some situations it may take longer.
5. Youth with diabetes should be capable of adapting to changes in their meal times.
6. Coach your child to ask the cook about ingredients if he or she has questions. If you'd like more information about your child's food, please call 916-PEN-DOLA.
7. Staff is told that youth with diabetes know how to take care of themselves. We will brief cabin and activity staff about your child's diabetes, especially the signs that indicate low blood sugar levels.

• ***ABOUT YOUR CHILD'S ROUTINE CARE FOR HIS/HER DIABETES...***

- When does your child check blood sugar (BS)? \_\_\_\_\_
- What is your child's usual range of BS readings?  
\_\_\_\_\_
- When does your child inject insulin? What type is used and how many units? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- In addition to meals, describe your child's pattern for snacks (time, what is eaten, etc): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- If a question about diabetes management comes up, who should we call and at what number?  
\_\_\_\_\_  
\_\_\_\_\_
- Other youth may have questions about your child's diabetes care. The staff at Pendola tends to approach chronic health concerns by normalizing the situation than sensationalizing it. We would encourage your child to answer the questions from others. Please let us know of your preference in this situation as well as those of your child.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

• **ABOUT LOW BLOOD SUGAR REACTIONS...**

- If your child's BS would get low, what signs or behaviors would our staff expect to see?

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- If your child's BS gets low, what should we do?

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- Are there particular stressors that tend to drop your child's BS? What are they?

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- When was your child's last low BS reaction? How often does your child have low blood sugar reactions?

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- Has your child ever gone so low that s/he has a severe reaction (seizure, loss of consciousness)?

No \_\_\_\_\_ Yes \_\_\_\_\_ if and here is what happened:

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• **ADDITIONAL INFORMATION...**

- If your child's blood sugar is running high, what signs or behaviors would our staff note and what would you like us to do?

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- What types of notification and how soon do you want it to occur if your child has a reaction? Provide appropriate phone/fax numbers. If you are not at home, should we leave a message on your answering machine?

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- Name of your Diabetes Care Provider: \_\_\_\_\_ Phone: \_\_\_\_\_

- What else would you like to tell us about your child's diabetic management plan?

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**Please return to:  
Pendola Center  
2110 Broadway  
Sacramento, CA 95819**

<b>Parent/Guardian signature:</b> _____ <b>Date:</b> _____ <b>Relationship to Child:</b> _____
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*Please return this form at least three weeks before your child arrives to Pendola.  
Thank you for helping us provide a great Pendola experience for your child!*