Breakthrough T1D®
Formerly JDRF

T1D Basics for School Nurses

If you are a school nurse who treats students living with type 1 diabetes (T1D), here is a list of resources from Breakthrough T1D that will help you to keep your students safe and healthy.

Understanding Type 1 Diabetes

Video: Understanding Type 1 Diabetes This video was developed by two brothers to help their younger sister with T1D in school. It provides a very simple explanation of what T1D is!

T1D for Beginners

Begin With Hope This digital guide will give you an overview of T1D and the basics you need.

Basics of T1D Management

Managing T1D involves three main steps: checking blood sugar, administering insulin, and counting carbohydrates.

Checking Blood Sugar Monitoring blood sugar, or blood glucose, is a vital part of life with T1D, and can be done via glucometer or continuous glucose monitor (CGM).

Scan QR Code for more information on continuous glucose monitors and understanding blood sugar levels

Administering Insulin There are two methods for administering insulin: injections, with syringe or pen, or insulin pump.

Scan QR Code for more information on these methods and a brief overview of the different types of insulin

Counting Carbohydrates For your students living with T1D, it is important for them to know how many carbs they consume each time they eat or drink so that they can determine how much insulin they need to take at any given time to control their blood-sugar levels.

Scan QR Code for downloadable carb count guides for a variety of holidays and cultures

Understanding Blood Sugar Levels

These overviews of high (hyperglycemia) and low (hypoglycemia) blood sugar will help you learn their causes, symptoms and treatments.

High Blood Sugar (Hyperglycemia) Guide

Low Blood Sugar (Hypoglycemia) Guide

With your support, we are creating a movement to improve and change life with T1D, advancing breakthroughs on the way to cures.

To find out more, visit **BreakthroughT1D.org**.

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Chapter Finder

Encourage students and their families to seek out their local Breakthrough T1D chapters! Local Breakthrough T1D chapters can provide community support.

Free Resources for Kids and Teens with T1D

Caregivers can complete the online request form, and we will ship this free resource directly to their home!

The Breakthrough T1D **Bag of Hope** is filled with resources for both children living with T1D and their caregivers.

English Spanish

The Breakthrough T1D **Teen Family Pack** is filled with tools and resources to help make a teen's life with T1D a little smoother.

English Spanish