

GUIDELINES FOR PARENTS AND MISSIONARIES WITH DIABETES DURING YOUR MISSION

1) Monitoring:

- a. You should have your A1c drawn every 3-4 months throughout your mission. Contact your medical insurance to find a local laboratory that is covered by your plan and then call us at (801) 587-3999 with the lab's fax number as well as the missionary's information including: name, date of birth and direct contact information. We will fax an A1c order to the lab and will contact the missionary directly with the results. If you want your parent(s) to have access to your medical information during your mission, including your A1c results, please sign a release of medical information.
- b. If your A1c increases more than 0.5%, see an Endocrinologist or Certified Diabetes Educator close to you. You can find a list of local providers on the American Diabetes Associations website at www.ada.org. You can also contact your health insurance for names of covered providers in your area. Make sure you are seeing someone that has expertise in Type 1 Diabetes (not just Type 2 diabetes).
- c. If your blood glucose levels are not in control, send 1-2 weeks of downloaded or hand written records to our office for review. You can either email them to pcmcbglogs@imail.org or fax them to (801) 587-3930. Be sure to include your phone number so we can call you with recommendations.

2) Prescriptions:

- a. You can fill your prescriptions through a local pharmacy in your mission, or through a mail order pharmacy.
- b. If you need prescriptions please ask for a set at your last appointment prior to leaving on your mission, or call our office with the fax number to the new pharmacy. Prescriptions come with one year of refills.
- c. Determine if it's best to ship your prescriptions directly to the mission home office or your living quarters. Your address may change frequently, and you may not want your supplies left on the porch when your missionary is not home.
- d. When you receive your prescriptions check the label to see how many refills are left. When you only have 1 refill remaining, call our office with the phone or fax to the pharmacy where you'd like to fill your prescriptions. Be sure to let us know which prescriptions you need and leave us your phone number in case we have any questions.
- e. Talk with your parents before you leave about how you will pay for your prescriptions (credit card, debit card) and what your co-pay will be.

3) Communication:

- a. Talk to your Mission President about how they want you to handle filling your prescriptions, scheduling and attending medical appointments, getting your A1c drawn and contacting our office to review your blood glucose values should you need our assistance.
- b. Teach EACH of your companions about diabetes and how to help you if you are having trouble. They should know how do you act when you are low, what should they do if they suspect your blood glucose is low and where you keep hypoglycemia treatments? If you are unconscious, your companion should call #911, suspend your pump and be prepared to tell the paramedics about your diabetes (you are Type 1 on insulin.) Always wear medical ID.
- c. Start managing any illnesses EARLY and if you develop ketones, follow the sick day guidelines and call your mission president. Take a copy of the Sick Day Guidelines with you on your mission, or a copy can be accessed at www.primarychildrens.org/diabetes. Scroll to the bottom of the page and click on "Sick Day Guidelines." If you need assistance treating the illness call our nurse line at (801) 587-3999 during the day or (801) 662-1000 for after hours, weekends or holiday assistance. Ask for the diabetes nurse on call.
- d. Go to an urgent care facility or Emergency Department if you are unable to manage the illness on your own.