

Undertaking of an applicant to the Police forces living with Type 1 diabetes

2019-Jul-08

It is suggested that applicants voluntarily sign a contract with the police force to agree to the following;

- 1) Within 15 minutes of starting driving or starting on patrol carrying a firearm to test blood sugar (glucose) and ensure that blood sugar is above 5.0.
- 2) While driving to undertake to test blood sugar every hour (or eat a snack) to ensure that blood sugar is above 5.0.
- 3) While on patrol carrying a firearm to undertake to test sugar every two hours (or eat a snack) to ensure that blood sugar is above 5.0
- 3) When not driving or being on patrol without a firearm, to undertake to test blood sugar a minimum of 6 times a day before breakfast, lunch, dinner and bed and once a week at 3 am.
- 4) Following an episode of severe hypoglycemia (low blood sugar necessitating the intervention of another person) whether or not on police business to undertake not to drive or to carry a firearm for a period of 3 months.
- 5) Undertake to be reviewed by a specialist internist or diabetologist for his diabetes on a minimum annual basis.

Note: an alternative to obtaining blood glucose values would be obtaining interstitial fluid glucose values from a continuous glucose monitor CGM (see this URL <http://bit.ly/2JmOFIF>)