



# Diabetes and exams

**Students with type 1 diabetes perform better during tests and exams when their diabetes is well managed. Blood glucose levels that are higher or lower than their target range can affect their concentration and mental performance.**

It's important to pre-plan for exams. Schools should be guided by details outlined in a student's diabetes management plan. For example, a student will need access to their glucose checking equipment, diabetes supplies and may consider applying for extra time to manage their glucose levels during an exam.

Most states and territories have set allowances or provisions for major exam settings to cater for the needs of students with type 1 diabetes. Schools should make sure a student and their parent/carer are aware of this and apply for special provisions well in advance of these exams.

For further information on a students' rights during exam periods visit your state's department of education website and view their policy (links below).

## Diabetes and exams

Students with type 1 diabetes may need extra support, including special consideration during exams and tests.

### Reasonable adjustments

Schools are required to make reasonable adjustments for students with type 1 diabetes. These may include:

- Ensuring a student is informed of additional support available to them prior to an exam or assessment
- Allowing students to take drinks and snacks into an exam or assessment to use as necessary
- Allowing a student to use a mobile phone to monitor their glucose levels
- Ensuring students can take their insulin supplies into the exam or assessment for use as necessary, or wear their insulin pump in the examination room (pump should always be worn)
- Providing a student with additional time and rest breaks to treat a low or high glucose level
- Allowing students to check glucose levels before and during exam or assessment
- Allowing students to have unrestricted toilet access during an exam or assessment
- Consider changing assessments to another time if glucose levels are unstable
- Providing students with extra time to complete work if glucose levels are unstable
- Ensuring all exam supervisors are aware of the students' need to check blood glucose levels and that they may need to eat during the assessment

### Links

- ACT** [http://www.bsss.act.edu.au/information\\_for\\_students/equitable\\_assessment\\_and\\_special\\_consideration\\_in\\_assessment\\_in\\_years\\_11\\_and\\_12\\_student\\_guide](http://www.bsss.act.edu.au/information_for_students/equitable_assessment_and_special_consideration_in_assessment_in_years_11_and_12_student_guide)
- NSW** <https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/disability-provisions>
- QLD** <https://www.qcaa.qld.edu.au/senior/qcs-test/special-provision>
- NT** <https://www.education.nt.gov.au/policies>
- SA** <https://www.sace.sa.edu.au/web/special-provisions>
- TAS** <https://www.tasc.tas.gov.au/students/years-11-and-12/preparing-for-exams/special-provisions/>
- VIC** <https://www.vcaa.vic.edu.au/administration/special-provision/Pages/SpecialExaminationArrangements.aspx>
- WA** <https://senior-secondary.scsa.wa.edu.au/assessment/examinations/special-provisions>