

Replacement Hydrocortisone Illness Management Flow Sheet for School

Full Name:
Address: Addressograph
.....
HCR:

Student and Next of Kin contact

Child's name		Date of Birth	
Contact 1: Name			
Relationship:		Phone no.	
Contact 2: Name			
Relationship:		Phone no.	
GP Name			
GP Address			
Phone no.			
Diagnosis			
Current Medication			
Emergency Medication			
Oral Dose			
Suppository dose			
IM injection			

IMPORTANT MEDICAL INFORMATION

Children who are adrenal insufficient require lifelong steroid replacement. During times of stress such as illness, trauma or surgery; they will require immediate treatment with extra hydrocortisone. Cortisol is the body's natural steroid and has three main functions:

1. Helping to control the blood sugar level
2. Helping the body deal with stress
3. Helping to control blood pressure and blood circulation

If the body does not make enough cortisol, a tablet version is given. This is called 'hydrocortisone' and is given at regular intervals throughout the day. Without treatment the child will become very ill. An adrenal crisis is a life threatening emergency that requires immediate treatment.

If sudden illness, accident, or severe stress does occur, his/her body needs extra supplies, which will also keep up the level of blood sugar. If cortisol levels are not high enough, blood sugar levels may become low (Hypoglycaemia) and the child will feel very unwell and may lose consciousness.

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At this stage he/she should be given their emergency hydrocortisone injection and an ambulance called immediately.

When the child participates in any school outing, please ensure that all relevant medication (and emergency kit) is taken along and that at least two accompanying adults are fully informed of his/her condition.

Adrenal insufficiency should not affect a child's day to day attendance and participation in school activities or outings. If any problems arise it will be during times of illness

