

Parent / Carer CARE PLAN
Management of a child with Adrenal Insufficiency

Full Name:

Address: **Addressograph**

HCR.....

Care Plan Problem	Management of a Child with Adrenal Insufficiency	Issue Date: April 2021 Review Date: April 2024
1	Anatomy and Physiology	<i>Please tick</i> ok
	<ul style="list-style-type: none"> • Has a definite understanding of Adrenal insufficiency • Understands the functions of the adrenal glands and cortisol in the body • Had an overall understanding of the diagnosis • Knows what an adrenal crisis is and has a clear understanding of what to do in the event of a crisis. 	
2	Medications	<i>Please tick</i> ok
	<ul style="list-style-type: none"> • Understands the function of hydrocortisone • Understands why it's important to take hydrocortisone • Knows current dose and knows correct times to take medication • Is aware of potential side effects of hydrocortisone • Checks expiry date regularly and ensures adequate supply at all times • Importance of getting repeat prescription at each clinic visit 	
3	Sick Day Rules	<i>Please tick</i> ok
	<ul style="list-style-type: none"> • Has a clear understanding of what 'sick days rules' are • knows the appropriate times to follow the sick rules and when to seek medical help • Understands when and how to increase daily dose of oral hydrocortisone in the event of an illness • Has a prescription for the triple oral dose of hydrocortisone in the event of an illness 	
4	Hydrocortisone Suppositories	<i>Please tick</i> ok
	<ul style="list-style-type: none"> • Knows the correct time to give a hydrocortisone suppositories • Knows how to administer a suppository and the correct dose to give • is aware of the importance of checking the expiry dates and know to store suppositories as per manufacturer's instructions • Knows when to seek medical attention • Has prescription for suppositories 	
5	Hydrocortisone Injections	<i>Please tick</i> ok
	<ul style="list-style-type: none"> • Is aware when to administer the IM injection and to seek immediate medical attention • Is shown how to reconstitute and administer an IM injection • Is shown the suitable sites for IM injections and knows correct dose to administer • Demonstrates correctly how to reconstitute and administer the injection • Is aware of the importance of checking the expiry dates and know to store injection as per manufacturer's instructions • Advised to carry injection with them at all time and have spares readily available • Has prescription for IM hydrocortisone and supplies required 	

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6	General Guidelines	<i>Please tick</i>	ok
	<ul style="list-style-type: none"> • Adrenal insufficiency booklet given to parents/carers • Information booklet and flowsheets for illness management for schools given to parents • Information given on how to access the My cortisol free application for phones • Advised to wear a medi-alert bracelet at all times • Both parents and child have a medical alert steroid therapy card to carry with them at all times • Have contact information for medical and nursing staff, aware not for use in an emergency and to seek urgent medical help if very concerned • Is aware that they need travel letter to include diagnosis and to state that medications, needles and syringes need to be carried on board the flight in case of an emergency • Also advised to ensure to have extra supply of oral medication and emergency medications along with supplies in the event of emergency when on holidays 		

I the parent / carer have sufficient knowledge and I am confident in the management of my child's condition		
Parent / Carer Name	<i>Please print</i>	Date:
CNSp Name	<i>Please print</i>	Date:

Created by Endocrine Department
Issue Date: April 2021 / Review Date: April 2024

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