**Adrenal Insufficiency Sick Day and Emergency Action Plan**

Plan was created on: 06/09/2022 by

Name:       DOB:       MRN:       BSA:

Cause of adrenal insufficiency:

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| **Situation** | **Instructions** |
| **Maintenance (regular) doses**Including minor illnesses e.g. runny nose, sore throat AND child is well and behaving normally | Medication: Morning       mg, Afternoon       mg, Night       mg |
| **Mild illnesses**(recommend at least 20 mg/m2/day or double regular doses)e.g. flu-symptoms, feeling sick low-grade temperature (< 38°C)Start mild illness dose of oral medication. If child deteriorates or develops fever > 38°C, increase to the moderate-severe illness dose and take to doctor for assessment. | Medication: Take:Morning       mg, Afternoon       mg, Night       mgFor 2 days or until symptoms resolve, then resume maintenance dose  |
| **Moderate illnesses**(recommend at least 30 mg/m2/day or triple regular doses)e.g. diarrhoea, fever > 38°C, vomitingnote: if vomiting/diarrhoea persists or condition deteriorates, give IM injection as per severe illness box below. | Medication: Take:Morning       mg, Afternoon       mg, Night       mgFor 3 days or until symptoms resolves, then the Mild illness dose for 2 days then resume maintenance dose |
| **Severe illness/adrenal crisis** (recommend 50-100 mg/m2 immediately)* Being excessively tired, sleepy, lethargic, dizzy, confused or
* Pale & sweaty and have signs of dehydration
* Broken bone /significant injury
* 2 or more vomiting or diarrhoea
 | Give Solu-Cortef (100 mg in 2 mL) by intramuscular injection: * 0 – 3 years: 25 mg (0.5 mL)
* 3 – 12 years: 50 mg (1 mL)
* >12 years: 100 mg (2 mL)

Then call endocrinology team for advice.Present to your nearest ED or call 000 if no improvement within 30 min. |
| **Medical procedures** e.g. General anaesthetics, invasive dental work, elective surgery/procedures | Make the surgeon/dentist and anaesthetist aware of the diagnosis of adrenal insufficiency and medication doses.Make sure the surgical/anaesthetic and endocrinology teams communicate with each other to decide on hydrocortisone dose before/after surgery |

**ROYAL CHILDREN’S HOSPITAL CONTACTS**

ENDOCRINE NURSE: PH (03) 9345 6575 (Mon 12-4pm, Tue/Wed 8-12pm)

ENDOCRINE DEPT: PH (03) 9345 5951 (9-5pm Mon-Fri)

ENDOCRINOLOGIST ON CALL: PH (03) 9345 5522 (all other times- ask switch to speak to the endocrinologist on call)