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| **Adrenal Insufficiency**  **Daily Management Plan for School** |

**NAME:**

**D.O.B:**

Medical Condition: ADRENAL INSUFFICIENCY

This child has **ADRENAL INSUFFICIENCY** and is unable to make the body’s wellbeing and stress hormone “cortisol” in sufficient amounts.

XXX takes daily medications to replace this hormone and this keeps him/her well day to day.

In the event of illness or significant injury, children with adrenal insufficiency can become very unwell quickly. To prevent this from happening, extra hydrocortisone is needed at these times. However the usual bumps and scratches associated with being a kid are OK!

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| Medication needed during a typical day at School  Lunchtime  **If unwell please refer to the School Emergency Action Plan** |

He/she is not limited in the activities that they can do at school or with peers.

Day to day it is important that they:

* Have their regular medication at school as above
* Don’t get too overheated
* Are well hydrated and eat regularly

If they become unwell they are at risk of having an **“ADRENAL CRISIS” if they do not have additional hydrocortisone.** Please refer to the box overleaf common situations when extra hydrocortisone may or may not be needed.

In this situation, please refer to the School Emergency Action Plan which gives more detailed advice on what steps to take during illness.

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| **Type of Illness/stress- Examples for School** | | | **Additional Steroid Dose Required** |
|  | **Medical Stress** | **Injury** |  |
| Minimal | * Mild cough or runny nose without fever * Still well, behaving normally | Small bumps, cuts and bruises | No extra dose needed |
| Minor | * Viral illness with fever >38° * Appears unwell / not usual self / lethargic |  | Additional oral hydrocortisone as ‘stress dose’ is needed - follow School Emergency Action Plan |
| Significant | * More than 2 vomiting/ diarrhoea episodes * Drowsy/unresponsive * Appears very unwell | Suspected fracture/broken bone  *Or*  Significant injury (e.g. laceration requiring stitches) | **Intramuscular injection of hydrocortisone**  (“Solu-Cortef” kept in the rainbow box) **required** -  follow School Emergency Action Plan |

**Please refer to the School Emergency Action Plan for more specific advice on what steps to take**