

GENERAL INFORMATION

Addison's is a life-long condition which requires replacement treatment with hydrocortisone to make up for the loss of cortisol (stress hormone) and fludrocortisone for the loss of the salt retaining hormone aldosterone. These medications need to be given several times daily even when a person with Addison's is well, so it is more than likely a dose of hydrocortisone will need to be given during the school day. It is important that the dose is not forgotten as missing a dose could leave the student cortisol deficient.

Students with Addison's should not be excluded from any school activities or outings. The dose which would need to be taken in school hours must be considered when a student is going on a school trip, a drink must be available to enable them to take their tablet.

We are happy to arrange training for staff members to be able to give emergency injections.

EMERGENCY KIT

The emergency pack will contain one of each of the following:-

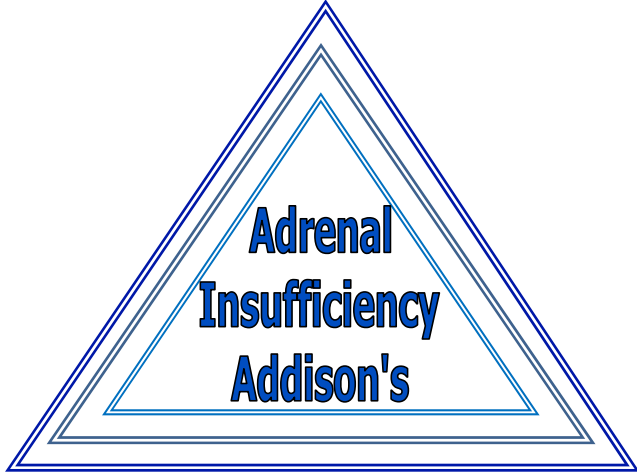
- * Cotton wool ball
- * Alcohol wipe
- * Syringe
- * Needle
- * Ampoules of hydrocortisone for injection Efcortisol® (100mg in 1ml) or Solu-Cortef® 100mgs in 2 mls. Solu-Cortef® comes in powder form with 1 vial of sterile water (2mls to mix), see insert on how to mix
- * How to give an injection of Efcortisol® information booklet
- * Remember the Emergency Intramuscular Hydrocortisone doses are:-

Age Range (years)	Dose (mgs)
0 — 1	25
1 — 5	50
Over 5	100

PLEASE NOTE THAT IT IS VERY IMPORTANT TO ENSURE ALL MEDICATION IS IN DATE AND THAT ALL DETAILS ARE KEPT UP-TO-DATE ESPECIALLY ALL THE CONTACT TELEPHONE NUMBERS. WE ARE VERY HAPPY TO SUPPLY NEW FORMS AND AIM TO DO THIS ONCE A YEAR

Professor Peter Hindmarsh
Addison's Clinic
Great Ormond Street Hospital for Children
NHS Trust
Great Ormond Street
London WC1
Phone: 020 7405 9200

Great Ormond Street
Hospital for Children
NHS Foundation Trust



**Adrenal
Insufficiency
Addison's**

School Medical Management Plan for Addison's

Professor Peter Hindmarsh

*We as health professionals
wish to work together with schools, students and their
families to provide the best support for students with
Addison's whilst at school*

STUDENT AND CONTACT DETAILS

Name:

Date of Birth:

Class/Year:

Contact Information: *Please star preferred telephone number*

Contact 1

Name:

Relationship:

Telephone: Home Office:

Mobile:

Contact 2

Name:

Relationship:

Telephone: Home Office:

Mobile:

Contact 3

Name:

Relationship:

Telephone: Home: Office:

Mobile:

MEDICAL CONTACTS

GP:

Telephone:

Hospital Consultant:

Endocrine Clinical Secretary

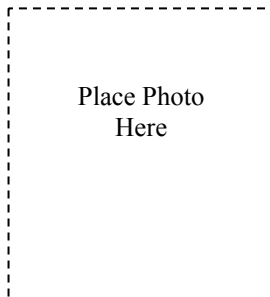
Great Ormond Street Hospital Telephone: 020 7405 9200 ext. 5813 or 1017

Endocrinology Clinical Nurse Specialist

Great Ormond Street Hospital Telephone: 020 7813 8214

Please note this number is not always manned however if you leave a non urgent message, stating the nature of your query, relevant child's name and a contact number your call will be returned as soon as possible.

IN AN EMERGENCY ADMINISTER HYDROCORTISONE INJECTION, THEN PHONE 999 ADVISE AMBULANCE CONTROL THAT THE STUDENT HAS ADRENAL INSUFFICIENCY. IF UNABLE TO ADMINISTER THE INJECTION PLEASE ADVISE AMBULANCE CONTROL THAT THE HYDROCORTISONE INJECTION IS NEEDED URGENTLY



IMPORTANT INFORMATION

Steroids School Supply

Type of steroid: hydrocortisone

Dose of steroid to be administered at school: _____ mg

Time of administration: _____ hrs.

ILLNESS AT SCHOOL

In Addison's extra medication is needed when the student becomes unwell or has a serious injury to prevent a life threatening adrenal crisis occurring. All children have falls, scratches, bumps and bruises and a child will not need any extra hydrocortisone if they recover immediately and carry on what they were doing before their accident.

Always notify parents/guardian or emergency contact of any illness or injury

SERIOUS INJURIES

Intramuscular Injection of Hydrocortisone is needed immediately for the following:-

- * broken limb
- * bump on the head leading to unconsciousness
- * burn injury
- * If for any reason the student is found in a condition where they are pale, clammy, drowsy and unresponsive (do not respond as they would normally do)

After administering the hydrocortisone injection, dial 999 ask for an ambulance.

Advise ambulance control that the student has **Adrenal Insufficiency** and the student must be taken to hospital to be monitored.

Even if the student did not necessarily need the IM injection, it will do no harm and it is always better they have the injection as more serious problems may occur if it is not given when needed.

GENERAL ILLNESSES

If a student becomes unwell at school they will need extra medication if she/he has:-

- * High temperature (that is over 38 degrees centigrade)
- * If the student faints
- * Stomach upset that is severe enough to prevent normal school activities

A double dose of hydrocortisone should be given, whether the dose is due or not.

VOMITING

It takes about an hour for the oral hydrocortisone to be absorbed so if the student has vomited up the administered steroid at lunchtime:

- * Repeat oral dose but double the amount.
- * Contact parent
- * If the second dose is vomited then give intramuscular hydrocortisone
- * Call ambulance on 999 explain the student has **Adrenal Insufficiency** and must be taken by ambulance to nearest Accident and Emergency department

Sometimes a student might start to vomit before the medication is due. In this situation the parents should be contacted immediately and seek medical advice. Keep a close eye on the student's level of consciousness and if they become drowsy give intramuscular hydrocortisone and call an ambulance.