

## GENERAL INFORMATION

Congenital adrenal hyperplasia (CAH) is a life-long condition which requires replacement treatment with hydrocortisone to make up for the loss of cortisol (stress hormone) and sometimes fludrocortisone for the loss of the salt retaining hormone aldosterone. These medications need to be given several times daily even when a person with CAH 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 CAH 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.

## 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® which has been recently renamed Hydrocortisone Sodium Phosphate (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 RECOMMEND THAT YOU SUPPLY NEW FORMS AT LEAST ONCE A YEAR**

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*"The ideas expressed are independent of the editors' affiliations. Data provided is from current literature and should always be discussed with your endocrinologist"*



## School Medical Management Plan for Congenital Adrenal Hyperplasia

***Professor Peter Hindmarsh***

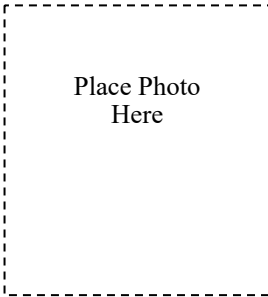
***Health professional, parents and families  
working together to provide the best support for  
for students with CAH whilst at school***

**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.** .....

Telephone: .....

**Endocrine Specialist Nurse:** .....

Telephone: .....

**IN AN EMERGENCY PHONE 999 ADVISE AMBULANCE CONTROL THAT THE STUDENT HAS ADRENAL INSUFFICIENCY AFTER ADMINISTERING THE HYDROCORTISONE INJECTION - IF UNABLE TO GIVE 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 CAH 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 student 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 38 degrees centigrade and above).
- \* 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.