

GENERAL INFORMATION

Hypopituitarism is a life-long condition which requires replacement treatment with several hormones and in particular hydrocortisone which makes up for the loss of cortisol (stress hormone). This medication need to be given several times daily even when a person with hypopituitarism is well, so it is more than likely that a dose of hydrocortisone will need to be given during the day. It is very important that the dose is given on time and **not** forgotten as missing a dose could leave the student cortisol deficient.

Students with hypopituitarism should not be excluded from any school activities or outings. The dose which would need to be taken during 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:-

- * Emergency letter protocol to be given to the emergency services.
- * Cotton wool ball.
- * Alcohol wipe.
- * Syringe and 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 Hypopituitarism

Professor Peter Hindmarsh

*Health professional, parents and families
working together to provide the best support for
for students Hypopituitarism 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.**

Place Photo
Here

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 hypopituitarism 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. If the student has a protocol logged with the ambulance service this will be flagged by home address.

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 or over).
- * 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 and the student should 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.