

# NURSERY ILLNESS GENERAL INFORMATION – ADRENAL INSUFFICIENCY

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## CHILD AND CONTACT DETAILS

Name: .....

Date of Birth: .....

Affix  
photo here

**Contact Information:** Please star\* preferred telephone number

### Contact 1

Name: .....

Relationship: .....

Telephone: Mobile:

Home/Office:

### Contact 2

Name: .....

Relationship: .....

Telephone: Mobile:

Home/Office:

## MEDICAL CONTACTS

**GP:** .....

Telephone: .....

**Hospital Emergency Contact** .....

Telephone: .....

*The above named child suffers from adrenal insufficiency and as long as their medication is given at the correct time and increased in illness and severe injuries they live a normal life. If medication is not given or increased in illness/severe injury either by doubling the oral dose or administering an injection of hydrocortisone, a life threatening adrenal crisis will occur. Children can deteriorate rapidly so prompt attention when unwell or after trauma is imperative.*

Usual Hydrocortisone dose/doses to be taken at nursery: Time: ..... Dose: ..... Time: ..... Dose: .....

If double dose is required whilst at nursery, this should be: ..... (equal to double the usual morning dose).

**EMERGENCY HYDROCORTISONE INJECTION DOSE: .....**

## MINOR INJURIES

Minor bumps, abrasions, minor coughs and colds where there is no increase in body temperature, it is NOT usually necessary to increase or give an extra dose of oral hydrocortisone.

## GENERAL ILLNESSES

If the child becomes unwell at nursery they will need extra medication if she/he has:

High temperature (which is 38 degrees centigrade and above).

If the child faints.

Has a stomach upset that is severe enough to prevent normal nursery activities.

1. **A double dose of hydrocortisone should be given, whether the dose is due or not.**
2. **Then contact the parents. The child should not be left alone until the parent arrives to collect the child.**

## VOMITING

It takes about an hour for the oral hydrocortisone to be absorbed so if the child vomits before an hour after the last dose was given then repeat oral dose but double the amount.

Contact parent.

Sometimes a child might start to vomit before the medication is due. In this situation, give a double dose and contact the parents immediately and seek medical advice. Keep a close eye on the child's level of consciousness and if they become drowsy, **or vomit again within an hour, give intramuscular hydrocortisone and call an ambulance.** This becomes an emergency:

**IN AN EMERGENCY PHONE 999 ADVISE AMBULANCE CONTROL THAT THE CHILD 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.**

## SERIOUS INJURIES

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

Broken limb.

Bump on the head leading to unconsciousness.

Severe burn or injury.

Severe laceration where there is a lot of blood loss.

If for any reason the child is found in a condition where they are pale, clammy, drowsy and unresponsive (do not respond as they would normally do).

**Please note that even if the child did not necessarily need double dose or the IM hydrocortisone injection, it will do no harm and it is always safer they have the extra dose or injection as more serious problems may occur if it is not given when needed.**