

# ADRENAL INSUFFICIENCY – SCHOOL ILLNESS GENERAL INFORMATION

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## STUDENT AND CONTACT DETAILS

Name: .....

Date of Birth: .....

Class/Year: .....

Affix  
photo here

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

### Contact 1

### Contact 2

Name: .....

Name: .....

Relationship: .....

Relationship: .....

Telephone: Mobile: .....

Home/Office: .....

Telephone: Mobile: .....

Home/Office: .....

## MEDICAL CONTACTS

**GP:** .....

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

Telephone: .....

Telephone: .....

*The above named student 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 either by doubling the oral dose or administering an injection of hydrocortisone, a life threatening adrenal crisis will occur.*

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

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

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

## MINOR INJURIES

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

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

If the student faints.

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

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

## VOMITING

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

Contact parent.

Sometimes a student might start to vomit before their 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 student'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 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.**

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