



Please provide this resource (see below) to your child's school if they have adrenal insufficiency.



Name:

Date of Birth:

Health Card #:

Parent's phone number:

Diagnosis: **Adrenal Insufficiency**

Medications:

Any changes in the child's behaviour or appearance should be reported **immediately** to the parents. Examples may include:

- Poor appetite or increased thirst
- Extreme restlessness or tiredness (difficulty waking up from a nap)
- Fever or vomiting
- Any changes in bathroom habits
- Pale, cold, clammy skin, or rapid pulse or breathing
- A physical injury of any kind

Plan of Care:

Notify parents of any of the above-mentioned changes by telephone. Parents will decide on appropriate action to take (i.e.: change in medication dose or early pick up from daycare/school)

If unable to contact parents and there are concerns about the child's immediate health and well-being please call **911** or visit your nearest emergency room.

If a visit to the hospital is necessary, bring this paper.

This will help the medical team to care quickly and safely for the child





For Emergency Health Care Professional

EMERGENCY CARE PLAN FOR ADRENAL INSUFFICIENCY

This patient is adrenally insufficient and steroid dependent.

The patient must be seen by a physician **IMMEDIATELY** because of potential life threatening electrolyte disturbances, hypoglycemia, and hypotension which may occur as part of an **ADRENAL CRISIS** which is highly likely during illness.

Signs of impending adrenal crisis could include lethargy, weakness, dizziness, nausea, vomiting, hypotension, hypoglycemia, tachycardia and pallor.

TREATMENT should be started as follows:

1. IV fluids: D5W with normal saline at maintenance to correct for dehydration and to maintain blood glucose levels in the normal range.
3. Initial Hydrocortisone (Solu-Cortef) IV bolus of **100mg/m²** (can be administered IM if unable to obtain IV access).
3. Continue Hydrocortisone (Solu-Cortef) IV q6h of **25mg/m²** until patient is able to tolerate oral Hydrocortisone (Solu-Cortef), is rehydrated, and has normal electrolytes and glucose levels.

If required, call the Sick Kids Endocrine doctor on call @ **416-813-7500** for clarification/advice.