

# Hydrocortisone Care Guide For School

## For a pupil taking **hydrocortisone**

<b>Name of child:</b>		<b>Date of birth</b>	/ /
<b>Address:</b>			
<b>Mother's name:</b>		<b>Contact number:</b>	
<b>Father's name:</b>		<b>Contact number:</b>	
<b>Relative's name:</b>		<b>Contact number:</b>	
<b>GP's name:</b>		<b>Contact number:</b>	
<b>Specialist's name:</b>		<b>Contact number:</b>	
<b>Child's condition</b>			
<b>Medication:</b>		<b>Dose/time</b>	/
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### IMPORTANT MEDICAL INFORMATION

A child who has cortisol deficiency will require **extra hydrocortisone** during periods of illness to replace the natural steroids he/she is unable to make and ensure he/she remains well. If sudden illness, accident, or severe stress does occur, his/her body needs extra supplies, which will also keep up the level of blood sugar. If cortisol and growth hormone levels are not high enough, blood sugar levels may become low (Hypoglycaemia) and the child will feel very unwell and may lose consciousness.

### The symptoms can include:

Appearing pale, confused or even unresponsive; feeling dizzy, faint and hot; he/she may tremble, sweat, and have a headache or palpitations. At this stage, and see symptoms particular to my child in personal plan below, he/she should be given their **emergency hydrocortisone injection** and an **ambulance called immediately**. Oral 'Glucogel' which will be found in his/her emergency medical kit can be given whilst waiting for the ambulance. **WARNING: IF THE CHILD IS UNCONSCIOUS DO NOT PUT THE GLUCOGEL IN THEIR MOUTH, SIMPLY APPLY TO THE LIPS.**

## PERSONAL PLAN IN EMERGENCY

Most of the time \* ..... will be healthy and join in all normal school activities. However, under conditions of physical stress such as illnesses or accidents he/she may have a problem. The symptoms particular to my child if she/he has a low sugar level and needs more cortisol are:

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If\* ..... does start to show these symptoms, please contact one of the above contact numbers urgently.

**PLEASE NOTE: IF THE SYMPTOMS ARE MORE SEVERE, ESPECIALLY WITH MARKED DROWSINESS, AN AMBULANCE SHOULD BE CALLED.**

**PLEASE READ THE IMPORTANT POINTS ON THE REVERSE OF THIS FORM**

