

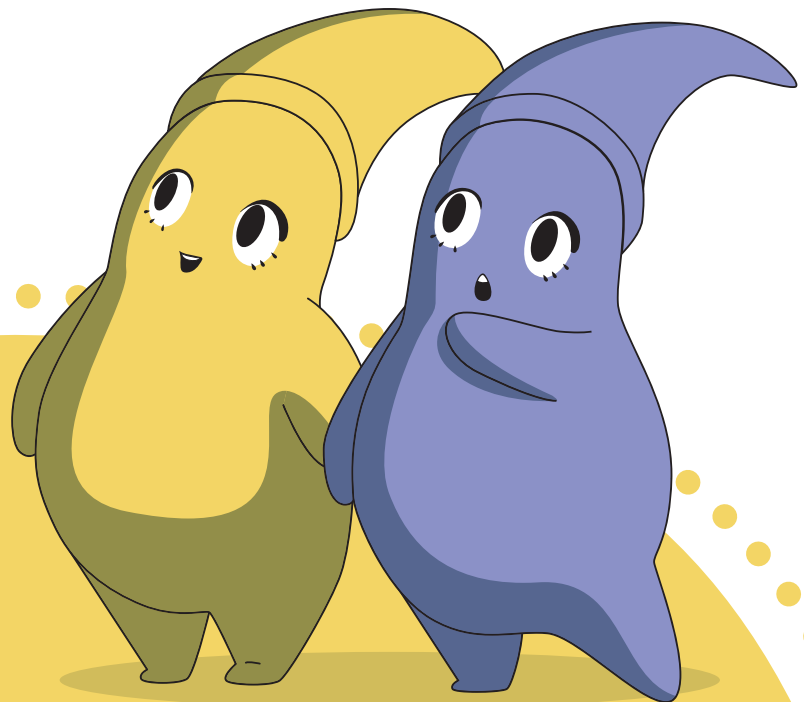


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AUSTRALIA AND NEW ZEALAND
SOCIETY FOR PAEDIATRIC
ENDOCRINOLOGY AND DIABETES

Want to know more about

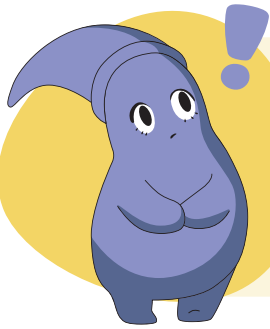
What to do before your child with adrenal insufficiency starts school



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Managing adrenal insufficiency at daycare, preschool, or when starting school should be a partnership between parents, the principal, teachers and any other necessary staff.



Inform the school your child has a medical condition and needs to take medication at school.

Before your child starts school

Meet with the principal and (if known) your child's teacher(s). Discuss your child's condition, the signs and symptoms of adrenal insufficiency, and the need for appropriate action in case of illness, accidents or another emergency.

At school

All written resources should be placed in the Staff Room or other appropriate place (sick bay). These should include an Adrenal Insufficiency sick day management plan, and other resources provided by your Endocrinology Team including a video for schools.



Scan the code or use the link below to watch the video:
vimeo.com/669630244



Before starting school find out:

1



Does your child have one or several teachers?

2



What time do they break for lunch as they will need medication at school?

3



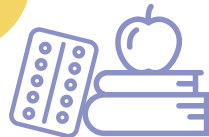
Do tablets have to be kept in the school office?

4



Can your child keep the tablets with them?

5



Who supervises the taking of tablets - Office staff or Class teachers?



Make sure that:



The school has information about your child's condition



They have clear instructions for all staff involved in your child's care



You provide a plan for any medications that need to be given during school hours



You provide tablets in a "weekly medication box" or a labeled bottle



Your child has a current sick day management plan



Your child has extra tablets on hand if required



The school has an emergency injection kit if required



Information is updated for the school each year



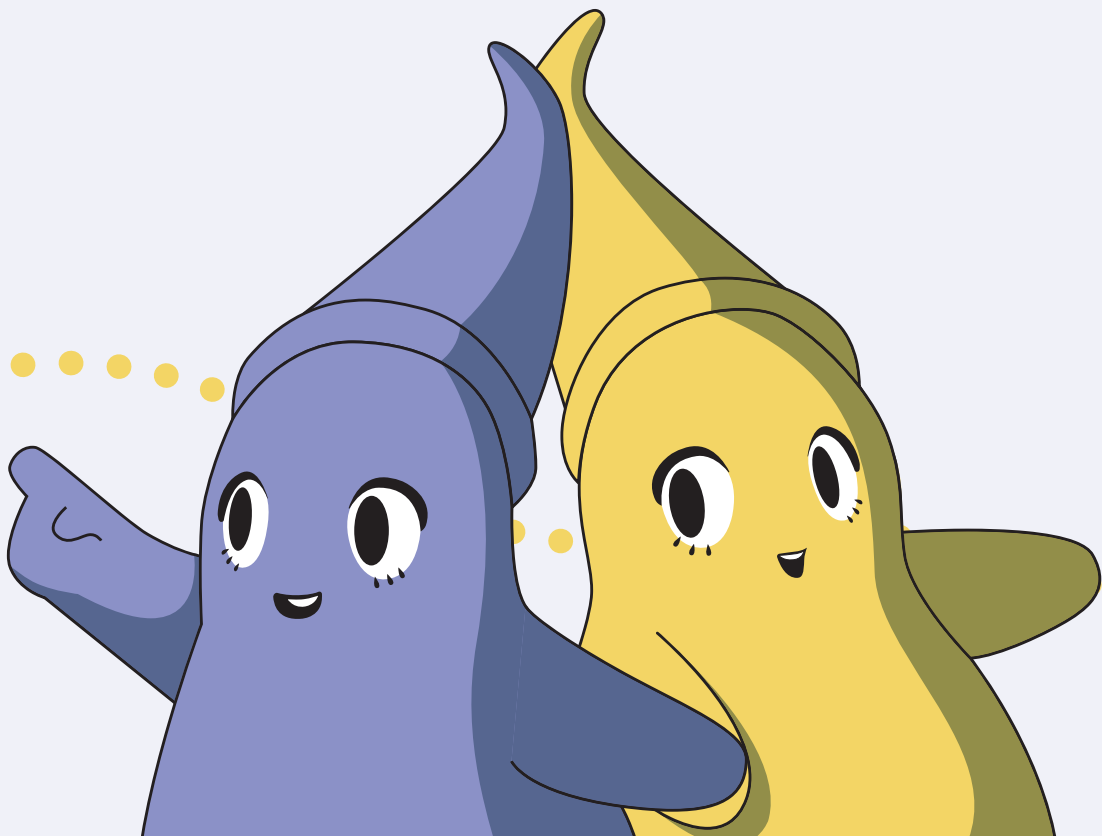
Your child wears a medical alert identification



For excursions or school camps you provide extra tablets + injection kit, particularly if staying overnight

Inform the teacher that at times your child:

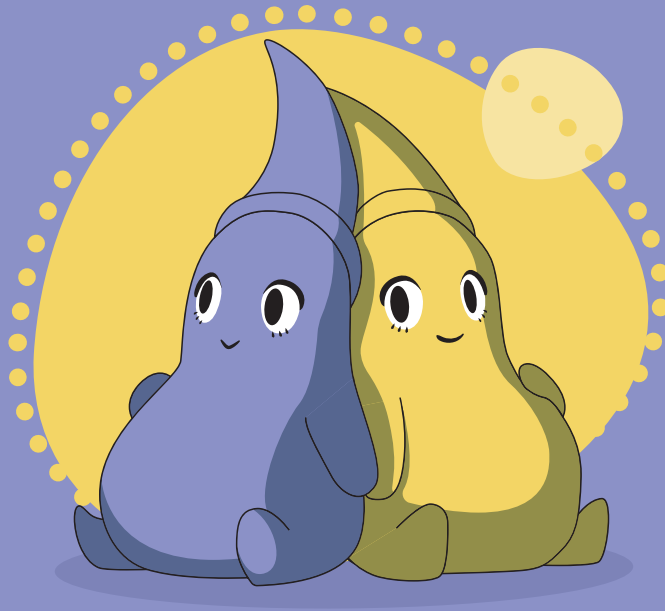
- May need to leave the classroom to go to the toilet
- May need to drink water in class if extremely thirsty
- Can participate in all activities including sport
- May need different doses of hydrocortisone at school if unwell
- Staff should be aware of signs and symptoms of illness
- In case of illness or accident the parents should be contacted and the child's emergency plan put in place.





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Sending your child off to a new setting can be unsettling, but with good communication, and a plan for the school in place, the health of your child when not in your immediate care can be assured.



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