## CONGENITAL ADRENAL HYPERPLASIA INFORMATION SHEET FOR SCHOOLS/CARERS



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Address:					1
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CONTACT N	UMBERS:-				l
Parents	Mother				
	(Mobile)				l
	Father				1
	(Mobile)			DOB:	
Family Doctor					
Hospital/Specialist					
Other Emergency Contact					
Regular Medic	cation Taken:-				

The above child has a medical condition called CONGENITAL ADRENAL HYPERPLASIA. Most of the time children with the above condition are healthy and are able to join in all normal school activities. However having this condition means that the child is unable to produce sufficient amounts of the stress hormone 'cortisol', and when under conditions of physical stress such as illness or accidents it is vital that the following procedures MUST be followed. Failure to do this may result in a life-threatening situation. Please note that if you are ever in doubt regarding the health of the child in your care, please contact the parent, and seek medical attention immediately.

- Vomiting or Diarrhoea is likely to lead to the Hydrocortisone not being absorbed, if the child starts vomiting or has diarrhoea contact the parent.
- If the child is ill, particularly if he/she has a high temperature, but is not vomiting or passing loose motion then contact the parent immediately and give extra medication
- If the child is at all drowsy this may be due to a low blood sugar level (Hypoglycaemia) which can occur in CAH; give glucose and extra medication and contact the parent. If the parent cannot be contacted medical assistance should be sought.
- If the child needs a General Anaesthetic for any reason, it is **absolutely essential** that he/she should be given an injection of Hydrocortisone beforehand.
- Extra hydrocortisone is not necessary with minor cuts or scratches, even if a local anaesthetic is proposed. However if the injury is more severe (i.e. broken arm or leg) the child will need extra hydrocortisone or equivalent. Contact the parent immediately and seek medical advice.
- Children should be allowed to attend school outings, however it is important that at least two members of staff/helpers are aware of the child's medical condition and it is essential that medication and a drink is available. The child should carry some sort of medical identification (appropriate cards are available from the CAH Support Group) and wear a metal information bracelet/necklace, which should remain on at all times.
- If the child is seriously unwell or unconscious, it is vital that a bolus hydrocortisone IM injection is administered and urgent medical treatment is given.
- Please note if in any doubt contact the emergency services, they would rather be called unnecessarily than not be called when treatment is essential.

Produced by the 'LivingWithCAH' Congenital Adrenal Hyperplasia Support Group (registered charity 1178951). Web address: www.livingwithcah.com. Any communication from the 'LivingWithCAH' CAH Support Group is intended for informational and educational purposes only. Treatment and methods vary among hospitals and specialists so any questions should be directed to your own consultant.