

\*\*\*ONLY FILL OUT IF YOUR CHILD IS CORTISOL DEPENDENT\*\*\*

## CORTISOL DEPENDENT SCHOOL INSTRUCTIONS

Student Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
School: \_\_\_\_\_  
Parent/Guardian: \_\_\_\_\_ # \_\_\_\_\_  
Pediatrician: \_\_\_\_\_ # \_\_\_\_\_  
Endocrinologist: \_\_\_\_\_ # \_\_\_\_\_

**The above student is cortisol dependent.** He/she is on hormone replacement that must be given several times a day. It is very important that the child not miss any dose of this medication. If the student does not have enough cortisol the child can go into shock requiring emergency treatment. During stress he/she will need extra cortisol medication (stress dose). If the student is unable to take cortisol replacement by mouth the medicine will have to be given by an injection.

**Stress includes:**

- Fever >101 degrees Fahrenheit
- Vomiting, illness (such as throat or ear infection, pneumonia, flu)
- Trauma (such as broken bone or severe bleeding)

**Examples of when an injection needs to be given:**

- Repeated vomiting (more than once) or diarrhea
- Unconsciousness (passed out or unable to arouse)
- Serious injury such as a broken bone or surgery

**Signs and symptoms of not enough cortisol (acute adrenal insufficiency):**

▪ nausea or vomiting	▪ dizziness	▪ signs of dehydration such as dry tongue, thirst
▪ cold clammy skin	▪ confusion	▪ dark circles under the eyes
▪ fast heart rate	▪ severe pains in stomach, legs and back	
▪ fast breathing	▪ decrease temperature	
▪ weakness		
▪ pale face		

**Specific Instructions (check all that applies):**

- If there are questions the parent or guardian should be called. If further instruction is needed the parent should contact the endocrine office.
- Maintenance cortisol replacement: \_\_\_\_\_
- Cortisol replacement medication that needs to be given at school:  
\_\_\_\_\_
- Stress dose that needs to be given during illness or injury:  
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- Cortisol injection that needs to be given when vomiting or emergency:  
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- During emergency situations the school should call 911 and/or have trained personnel give the cortisol injection.

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MD Signature

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Date