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

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:**
  _____
- ☐ **Cortisol injection that needs to be given when vomiting or emergency:**
  _____
- ☐ **During emergency situations the school should call 911 and/or have trained personnel give the cortisol injection.**

_____ _____
MD Signature **Date**

This form is provided as a service of the Pediatric Endocrinology Nursing Society; PENS is not responsible for the information given on this form. This is an educational aid and does not cover all information about your child's diagnosis.

SOLUCORTEF INJECTION INSTRUCTIONS

1. Unmixed Solucortef should be stored at room temperature (59-86 F). Mixed Solucortef may be stored at room temperature but should be protected from light. Use only if solution is clear. Unused solution should be discarded after three days.

2. **TO MIX SOLUCORTEF:**

   - Wash hands.
   - Remove protective cap, give the plunger stopper a quarter turn and press the stopper into the lower compartment.
   - Gently shake mixed powder with diluent. Solutions should be clear and free of lumps or clumps.
   - Cleanse top of plunger stopper with alcohol wipe.

3. **TO FILL THE SYRINGE:**

   Pull air into the syringe equal to the amount of Solucortef to be given. Insert needle through center of plunger stopper until tip of needle is just visible through the stopper. Inject air, invert vial, and withdraw dose of Solucortef.

4. **TO INJECT HORMONE:**

   - ☐ IM (into the muscle) <u>or</u>
   - ☐ Subq (into the fat under the skin)

   - Position your child so that the outer thigh is exposed.
   - Swab area with alcohol wipe and allow to dry.
   - Stretch skin taught around injection site.
   - Insert needle at 90 degree angle.
   - Inject medication at a slow even rate.
   - Withdraw needle rapidly and apply pressure briefly to the injection site.
   - Apply band-aid if desired.

5. **PREPARATION OF SOLUTION:**

   _____

6. **AMOUNT TO BE GIVEN:**

   _____

7. **WHEN TO ADMINISTER:**

   - If your child is vomiting/has diarrhea, is unconscious or has a serious injury (i.e. broken bone).
   - If he requires a general anesthetic or conscious sedation, contact your endocrinologist for instructions

8. If you have questions please call the health care professional.

This form is a service of Pediatric Endocrine Nursing Society; PENS is not responsible for information documented on this form.

Adrenocorticoid Medication Instructions

NAME(S): **Dexamethasone** (Decadron)
Hydrocortisone (Cortef, Hydrocortone Acetate, Solu-Cortef)
Methylprednisolone (Solu-Medrol)
Prednisone
Triamcinolone (Artistocort, Kenalog)

DATE: _____ MD: _____

PATIENT: _____

MEDICATION NAME: _____

DOSE/TIMES: _____

STRESS DOSE: _____

INJECTABLE MEDICATION/DOSE: _____

PURPOSE OF THIS MEDICATION:

Cortisol is a chemical messenger that helps your body respond to stress and maintain good health. If your child does not produce enough cortisol, he/she will need to take glucocorticoid medication to replace this hormone. During stress or illness the body makes more cortisol; that is why it is necessary to increase the amount of medication given during these times. Take this medication as directed. This medication works best when there is a constant amount in the blood stream. Your health care professional will instruct you on how to do this. (Refer to cortisol dependent instructions.)

Glucocorticoid medications can also be used to provide relief for inflamed areas of the body. They reduce swelling, redness, itching, and allergic reactions. They are often used as part of the treatment for conditions such as severe allergies or skin problems, asthma, arthritis, some kidney diseases, cancer, or to prevent loss of transplanted organs. Larger doses of glucocorticoids are used for these conditions and may increase the risk of side effects. When used for these purposes check with your child's health care professional prior to receiving immunizations.

STORAGE:

- Store away from heat and direct light. Do not store in damp places.
- Avoid freezing.

- If the medication is a liquid, shake well before giving.
- ***Keep this and all medication out of the reach of children. Do not share this medication with others. Discard all outdated and unused medication.***

PRECAUTIONS WHILE USING THIS MEDICATION:

- Tell your health care professional about any unusual or allergic reactions to any medications, foods preservatives or dyes.
- Check with your health care professional before beginning any new medication or if any new medical problems develop while your child is taking this medication.
- Children who require this medication for hormone replacement treatment should wear a medical alert bracelet or carry a medical alert identification card at all times.
- It is very important that your health care professional check your child's progress at regular visits. Regular blood tests may be necessary. Inform all health care professionals that care for your child, that he/she is taking this medication. This is particularly important if your child is:
    - ***Having skin tests.***
    - ***Having surgery (including dental surgery) or emergency treatment.***
    - ***Suffering from a serious infection or injury.***
    - ***Receiving immunizations.***

POSSIBLE SIDE EFFECTS OF THIS MEDICATION:
Refer to the package insert for a complete list of possible side effects.
Check with your child's health care professional if any of the following effects occur, it may be an indication that the dose needs to be adjusted:

- Excessive weight gain
- Growth failure
- Mood swings
- Acne
- Abnormal hair growth

If this medication needs to be stopped it may be gradually tapered as instructed by your health care professional. The body may need time to adjust. Call your health care professional as soon as possible if any of the following symptoms occur. These symptoms may be a sign that the body does not having enough cortisol.

- Abdominal, stomach, or back pain
- Fever
- Nausea, vomiting or weight loss
- Muscle or joint pain
- Fainting
- Shortness of breath
- Reappearance of disease symptoms

ADDITIONAL INFORMATION:

_____

_____

_____

This information is provided as a service of the Pediatric Endocrinology Nursing Society (PENS). It is for use as an educational aid & does not cover all information about your child's diagnosis and treatment. Please further consult with your child's health care professional regarding precautions, contraindications, possible side effects and plan of care