

SCHOOL LETTER FOR THE CORTISOL-DEPENDENT STUDENT

Student Name: _____ Date: _____

School: _____

Emergency Contacts:

First caregiver: _____ Tel: _____ Cell: _____

Second caregiver: _____ Tel: _____ Cell: _____

Family Doctor: _____ Tel: _____

Endocrinologist: _____

Endocrine Nurses: Mary Liem, RN; Susan Murphy, RN; and Mabel Tan, RN

The above student is **cortisol-dependent**. S/he is on glucocorticoid* replacement that must be given several times per day. During physical stress of illness, s/he will need the stress dose of glucocorticoid. If the student does not have enough glucocorticoid, the blood pressure and blood sugar can become too low and lead to acute adrenal crisis, a potentially life-threatening condition that requires emergency treatment.

Stress includes:

- fever more than 101°F or 38.4°C.
- illness such as nausea, throat or ear infection.
- moderate trauma such as injury requiring stitches.

In this situation, contact parent or if unable to make contact, transport to local hospital for management.

If the student is unable to take the glucocorticoid replacement by mouth, the **emergency dose** of the medicine will have to be given by intramuscular injection.

Emergencies include:

- repeated vomiting or diarrhea.
- severe trauma such as fracture, head injury or major seizure.

This is a potentially life-threatening emergency. In this situation, contact the parents or call 911 and arrange for ambulance transport to the local hospital for injectable hydrocortisone. Send a copy of this letter with the student!

Disaster Readiness: Some families may wish to leave an emergency kit at school with a 3-day supply of glucocorticoid and injection supplies for use in a disaster situation.

- **routine daily dose** schedule: _____
- **stress dose** for illness as described above: _____
- **emergency dose** for emergencies as described above: _____
- supplies and instructions for giving an injection: _____

*Glucocorticoids are a family of hormone medications that include cortisol (hydrocortisone, Cortef), cortisone acetate (Cortone), prednisone; prednisolone (Pediapred), dexamethasone (Decadron) and possibly other trade names.