

## ADRENAL INSUFFICIENCY PREPARING YOUR CHILD FOR DAYCARE OR SCHOOL

Children and youth with adrenal insufficiency will need to receive extra stress hormone when they are sick or injured. This can be challenging during times of transition when your child is entering a new environment where other adults or staff need to be educated. Here are some resources and suggestions to help you as your child enters daycare or school.

We suggest that you let the school know:

- Your child has adrenal insufficiency and cannot make the needed stress hormone to manage illness or injury. Provide school letter and injection instructions if appropriate.
- Your child/youth will need life-sustaining medication when sick or injured. You or a designated emergency contact will need to be called when illness or injury occurs. If your child/youth becomes sick or sustains an injury while at school, then you, or a designated emergency contact, should provide instructions on next steps and/or come to the school to assess your child.
- If you or your emergency contact cannot be reached, the school should call 911. Some paramedics are now able to give injectable hydrocortisone (Solu-Cortef®), but they may not have used it before. We still recommend a parent/trained person be there if possible.
- You will supply extra medication (oral and injectable hydrocortisone) to be kept at school.
- There is not support available for training school staff how to give a hydrocortisone injection. **However**, if you are comfortable and school is agreeable you can teach them how to give this potentially life-sustaining medication using the resources below.

Save any unused and expired injectable hydrocortisone for teaching purposes. Contact your clinic if you need sample needles (25-G, 5/8-inch for little kids or 23-G, 1-inch for big kids) or syringes (1-mL or 3-mL) and alcohol swabs.

- **School letter:** [www.bcchildrens.ca/endocrinology-diabetes-site/documents/cortschool.pdf](http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/cortschool.pdf)
- **Hydrocortisone injection instructions (handout):**  
[www.bcchildrens.ca/endocrinology-diabetes-site/documents/injcort.pdf](http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/injcort.pdf)
- **Hydrocortisone injection instructions (video):**  
[vimeo.com/manage/videos/646977887/39be60ed81](https://vimeo.com/manage/videos/646977887/39be60ed81) or scan QR code:

