

## SCHOOL LETTER FOR THE CORTISOL-DEPENDENT STUDENT

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

School Name: \_\_\_\_\_ Phone: \_\_\_\_\_

### Emergency Contacts:

First caregiver: \_\_\_\_\_ Phone: \_\_\_\_\_

Second caregiver: \_\_\_\_\_ Phone: \_\_\_\_\_

Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Endocrinologist: \_\_\_\_\_ Nurses: Rebecca Brooke, Susan Murphy, Mabel Tan

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.

#### Moderate illness or 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: \_\_\_\_\_
- **dose for moderate illness or stress**, as described above: \_\_\_\_\_
- **dose for emergencies**, as described above: Solu-Cortef: inject \_\_\_\_ mg ( \_\_\_\_ mL) into leg muscle
- supplies and instructions for giving an **injection**: See [Hydrocortisone Injection Instructions](#) handout

\*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.