

# Student health support plan for cystic fibrosis

This document has been developed as a guide for principals, teachers and parents to use when completing a student health support plan for a child with cystic fibrosis (CF) in child care, kindergarten or preprimary. A blank form is available from [cfsmart.org](http://cfsmart.org)

<b>School:</b>	<b>Date plan created:</b>
<b>Student's name:</b>	<b>Date for plan to be reviewed for following year:</b>
<b>Date of birth:</b>	
<b>Year level:</b>	<b>Medical Practitioner contact:</b>
<b>Student's teacher:</b>	<b>Phone:</b>
	<b>Email:</b>
	<b>CF Clinic contact:</b>
	<b>Phone:</b>
	<b>Email:</b>
<b>Parent/carer contact information:</b>	
<b>Name:</b>	<b>Name:</b>
<b>Relationship to student:</b>	<b>Relationship to student:</b>
<b>Home phone:</b>	<b>Home phone:</b>
<b>Mobile:</b>	<b>Mobile:</b>
<b>Work phone:</b>	<b>Work phone:</b>
<b>Address:</b>	<b>Address:</b>
<b>Email:</b>	<b>Email:</b>
<b>Parent responsibilities:</b>	
<input type="checkbox"/> Provide teacher with daily medications required.	<input type="checkbox"/> Inform teacher of additional medications which may be required during the year.
<input type="checkbox"/> Provide teacher with clear information about the medication e.g. how and when to be administered and side effects.	<input type="checkbox"/> Inform teacher/school when child has to go to hospital, clinic appointments, is home on IV treatment or is unwell at home.
<input type="checkbox"/> Discuss appropriate location for storing medications.	<input type="checkbox"/> Inform teacher if there are any changes in the child's health.
<b>Signs or symptoms to bring to parents' attention at end of the day:</b>	
<input type="checkbox"/> Toilet issues e.g. diarrhea, constipation, frequent trips to toilet or on toilet for a long time.	<input type="checkbox"/> Complaints of stomach aches or abdominal swelling.
<input type="checkbox"/> Lethargic, extra tired.	<input type="checkbox"/> Markedly decreased or increased appetite.
<input type="checkbox"/> Increased coughing.	<input type="checkbox"/> If child has eaten food without consuming enzymes.
<input type="checkbox"/> Small amount of blood in mucus.	<input type="checkbox"/> Changes in the student's behaviours.

Medications	Reason used	When required
<input type="checkbox"/> Enzymes	<i>To assist with digestion of food.</i>	
<input type="checkbox"/> Salt tablets	<i>To reduce risk of dehydration and to replace loss of salt from body.</i>	
<input type="checkbox"/> Inhaler e.g. Ventolin	<i>To open airways and improve oxygen intake.</i>	
<input type="checkbox"/> High fat drinks, extra snacks	<i>To assist with the amount of calories required for a person with CF.</i>	
<input type="checkbox"/> Antibiotics	<i>To treat lung and sinus infections.</i>	
<input type="checkbox"/> Vitamins	<i>To treat vitamin deficiency associated with CF.</i>	
<input type="checkbox"/> Other		
Other considerations	Reason	Management in class
<input type="checkbox"/> High fat diet	<i>To assist with the amount of calories required for a person with CF.</i>	
<input type="checkbox"/> Easy access to water bottle and drinks such as cordial or sports drinks	<i>To avoid dehydration, mainly needed in summer.</i>	
<input type="checkbox"/> Infection control	<i>Flus, colds, gastro, whooping cough etc can pose a greater risk to children who have CF.</i>	
<input type="checkbox"/> Easy access to toilet	<i>Bowel issues, embarrassment at amount of flatulence.</i>	
<input type="checkbox"/> Coughing	<i>Very common for children with CF to have a cough, clears mucus in lungs.</i>	
<input type="checkbox"/> Regular absence from school due to hospitalisation and clinic appointments.	<i>If child has an infection in lungs or gastro issues, needs IV antibiotics etc. Can be up to two weeks in hospital.</i>	
<input type="checkbox"/> Tired/lethargic	<i>Common for some children to be extra tired, lungs are working extra hard.</i>	
<input type="checkbox"/> Exercise	<i>Very good for CF, but sometimes child may not be able to perform consistently, depending on lung function.</i>	
<input type="checkbox"/> Cross infection risk if another student with CF attending the school.	<i>Risk of passing germs to children with CF that don't affect other people.</i>	
<input type="checkbox"/> PORT, PEG or PICC line	<i>Increased calorie feeding via tube / administration of intravenous antibiotics while participating in a Hospital in the Home program.</i>	



# Student health support plan for cystic fibrosis: Emergency action plan

Situation	Symptoms	Action required
Dehydration	<i>Lethargy, thirst, dry sticky mouth, decreased urine output- 8 hrs without urination (school aged child), fever, headache, rapid breathing, fast pulse, vomiting.</i>	<i>Give fluids (gastrolyte or similar if available), keep cool out of sun Call parent/carer. If pulse remains above 110 beats per minute after 15 minutes rest consider ambulance if parent not able to come straight away.</i>
PICC/Port problems	<i>INFECTION: Skin around port / catheter is painful, red, hot swollen or oozing (pus / blood), fever.  DAMAGE: cut line, lost cap on end  WET DRESSING.  PICC LINE accidentally pulled out.  Chest pain accompanied by shortness of breath</i>	<i>Call parent/carer.  Kink line so air does not get in. Call parent/carer or ambulance .  Needs replacement - call parent/carer.  Apply pressure to area for 5 minutes to prevent / stop bleeding. Call parent/carer or ambulance  Call parent/carer or ambulance</i>
Bowel obstruction	<i>Severe stomach ache, vomiting.</i>	<i>Call parent/carer.</i>
Blood in mucus (uncommon)	<i>Small &lt; 5 ml Moderate over 5 ml  Large &lt; 240 ml</i>	<i>Inform parent the same day. Call parent/carer or ambulance if can't reach parents. Call ambulance.</i>
PEG feeding tube or button problems (not many students have this)	<i>Leaking around tube, pain.  Accidental dislodgement.</i>	<i>Call parent/carer.  Call parent immediately, tube needs to be replaced ASAP. Country schools if close to hospital take child to ED and call parent.</i>
Rectal Prolapse (uncommon)	<i>Rectal pain, bleeding, protrusion of rectum through anus.</i>	<i>Reassure child, lie quietly if painful to sit. Call parent/carer.</i>