

# 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). A blank form is available from [cfsmart.org](http://cfsmart.org)

School:	Date plan created:
Student's name:	Date for plan to be reviewed for following year:
Date of birth:	
Year level:	Medical Practitioner contact:
Student's teacher:	Phone:
	Email:
	CF Clinic contact:
	Phone:
	Email:
<b>PARENT/CARER CONTACT INFORMATION:</b>	
Name:	Name:
Relationship to student:	Relationship to student:
Home phone:	Home phone:
Mobile:	Mobile:
Work phone:	Work phone:
Address:	Address:
Email:	Email:
<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 child's behaviour.

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 cystic fibrosis 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>	
<input type="checkbox"/> CF related diabetes (CFRD)		
<input type="checkbox"/> Stress incontinence		
<input type="checkbox"/> Arthritis/osteoporosis		

# 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 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.  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/carer immediately, tube needs to be replaced ASAP. Country schools if close to hospital take child to ED and call parent/carer.</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>
CF related diabetes Low blood sugar levels	<i>Sugar levels low (one or more symptoms): trembling, shaking, excessive sweating, tingling of mouth and fingers, headache, difficulty concentrating, confusion, faintness, blurred vision, irritability and bad temper, palpitation, paleness.</i>	<i>Stop what doing, immediately take a quick acting sugar e.g. small glass of soft drink, sit down and relax for a few minutes, then take some more quick acting sugar if don't feel better. Check blood sugar levels if not sure.  Check blood sugar levels before exercising. May need a carb snack before exercising.</i>
High blood sugar levels	<i>Thirst, passing a lot of urine, pins and needles, hot sweats, blurred vision, tiredness, weight loss.</i>	<i>Check blood sugar levels. Eat sugary foods in small amounts throughout the day, taken with or after meals.</i>