

Individualized Healthcare Plan

Student Name:

DOB:

Health Condition(s): Sickle Cell Disease (Hb SS)

Overview:

Sickle Cell Disease is a lifelong, chronic genetic disorder that affects the hemoglobin in the red blood cells. Hemoglobin is a protein that carries oxygen to different parts of the body. Complications associated with the sickle cell disease for this student include iron overload related to the need for chronic transfusions and vitamin D deficiency. Sickle cell disease and complications associated with this disease put this student at high risk for ongoing health concerns.

Prescribed Medication(s):

Daily Medications: Student is not currently prescribed daily medications, however student receives chronic blood transfusions related to sickle cell disease.

As needed medications: Acetaminophen 325 mg tablet; take 2 tablets every 4- to 6 hours as needed for pain. Do not exceed more than 10 tablets in 24 hours unless directed by a doctor

Symptoms/Signs to Watch For regarding Sickle Cell Disease:

Pain Crises: Student may complain of pain and should be allowed to rest in the clinic as needed and drink fluids. Pain medications are also on hand in the clinic and may be given as directed above.

Anemia: Fluids and pain medications as needed for anemia.

- Symptoms of anemia may include:
 - Tiredness or decreased energy
 - Weakness
 - Paleness/pallor
 - Headache

Acute Chest Syndrome:

- Parents should be contacted immediately for any of the following:
 - Fever >101 degrees
 - Chest pain
 - Congestion
 - Cough
 - Trouble breathing or shortness of breath
 - Rapid breathing

Stroke:

- Call the parents if you notice any cognitive changes, no matter how subtle. If you notice any of the following, call 911:
 - Severe weakness
 - Confusion
 - Difficulty swallowing
 - Unsteady walk
 - Inability to move one side of the face or arms/legs
 - Seizure or loss of consciousness
 - Slurred speech
 - Severe headache

Actions/Steps to be Followed:

Daily Health Information:

- Student should be allowed to drink lots of fluids and carry water bottle
- Provide liberal bathroom privileges
- Access to the school clinic when needed
- Avoid physical exhaustion
- Avoid extreme temperatures. Safe outdoor temperature is 40-80 degrees F

When to Call Parents:

- Fever: Near 100.4 degrees F or higher
- Severe headache or dizziness
- Stiff neck
- Persistent cough
- Chest pain
- Pain in arms, legs and back with no other symptoms
- Severe stomach pain or swelling
- Loss of normal skin color: very pale or gray or jaundice (eyes or skin look yellow)
- Changes in behavior (refuses to take medicine, refuses to eat/drink, less active than usual)

When to Call 911:

- Student is unresponsive
- Seizure
- Trouble breathing
- Extreme weakness or paralysis

Student may have frequent absences related to his/her medical condition, which should be medically excused when appropriate.

Person Responsible for monitoring plan: School Nurse Jessica Vehr, RN, BSN, AE-C

Anticipated Review Date: 2021-22 school year

(Health plans will be reviewed at a minimum of once a year or when updated medical documentation is provided.)