

Addison's Disease and Adrenal Insufficiency Emergency Flowchart for use in Secondary Schools

Signs of Adrenal Crisis

Pale, Clammy, Lethargic, Irritable, Confused, Unroutable, Headache, Abdominal Pain (rule out hunger/period pain).

Is the student...

showing symptoms of **fever (above 37.5°C), viral infection, or childhood illness?**

Is the student...

vomiting and/
has **diarrhoea?**

Has the student...

had an **accident** or **significant injury?**

e.g. head injury with loss of consciousness, burn, shock or broken limb?

Sick Day Dose



Give **Sick Day dose of hydrocortisone immediately**, even if not due.



Call parents/carers to collect.
Record Blood Pressure where possible.
Ensure **emergency injection kit** is with student.
Do not leave them unattended.

Check within 30 mins

Has the student improved?
and
Is the Sick Day dose tolerated?

NO

Symptoms worsen or **vomits within 30 mins** of Sick Day dose

YES

Continue to stay with student until parents collect.
Students on **Sick Day dose** should be **supervised at home.**

IF

Vomits before collection, or shows signs of adrenal crisis.



YES



IM 100 mg injection of Hydrocortisone required.

To be administered by student or competent person.



Call 999.

Use keywords
'Young person is at risk of **ADRENAL CRISIS** and is **STEROID-DEPENDENT**'



There is **no risk** of overdose or toxic effects from additional or increased hydrocortisone doses when given in an emergency situation or for a few days.

Student Emergency Information & Treatment Guide



| Student details

Name:

Date of Birth:

Diagnosis:

| National Health Service details

NHS number:

Hospital Name & Tel:

| Next of Kin details

Name:

Relationship to student:

Tel:

Email:

| Healthcare Professional details

GP Name & Tel:

Endocrinologist Name & Tel:

| List of Medications & Routine

Medication	Dose	Time	Notes

| Usual Glucocorticoid Sick Day Dose