

Sample 504 Health Care Plan

Name: XXXXXXXXX
Parent: XXXXXXXXX
Home Phone: XXXXX
Emergency/Cell: XXXXXXXX

Effective Date: XXXXX
School: XXXXX
Bus: ___ yes X no
School Nurse: XXXXX

Allergies:

Medications:

- **Prednisone - Steroid**
- **Tacrolimus (FK506) - anti-rejection medication used for nephrotic syndrome patients who are resistant to or dependent on steroids)**
- **Lansaprazole – antacid for treatment of ulcers**
- **Furosemide – Diuretic for treatment of edema**
- **Lisinopril-treatment for high blood pressure**
- **Pravastatin-treatment for high cholesterol**

Nephrotic syndrome is a kidney disorder in which they leak large amounts of protein from the blood into the urine, this is called proteinuria. Symptoms of nephrotic syndrome include:

- Puffiness around the eyes, characteristically in the morning
- Pitting edema in the legs, ankles, and feet
- Distended stomach
- Fatigue
- Nausea from the medications
- High blood pressure
- High cholesterol

What can we do to help STUDENT in the school setting and what to watch expect?

Problem: Student is immunocompromised and illness can cause a relapse

Goal: Limit exposure to germs and illness as much as possible

- Good hand washing for the entire classroom- has proven to help ward off the spread of germs/illness (handwashing lesson/demonstration from school nurse from kids)
- Hand sanitizer usage in classroom: all students to wash hands or use hand sanitizer prior to entering classroom (in morning before entering class, after recess, lunch, etc.)
- Clean desks/door knobs, chairs, tables, and materials with antiseptic wipes at least once daily. May be done by parents, volunteers, or teacher. Work with parents to understand best practices.

- Encourage children/families who are sick to stay home to prevent others from contracting illness
- Encourage STUDENT to bring his own water bottle if he is not fluid restricted as the water fountain is a vessel for germs
- Encourage children to cough into their elbows and wash their hands after blowing their noses
- STUDENT should be seated away from unhealthy children in the classroom who are symptomatic with viral/cold illness symptoms
- Encourage STUDENT to not touch his hands to his mouth/nose/eyes to prevent infecting himself
- Teacher/school nurse to communicate with a phone call / email with STUDENT's parents regarding illnesses in the classroom/school that are known to them in a timely manner, with immediate attention to chicken pox, strep throat, Flu or other major illness (parents request phone call day or night)
- Rest and bathroom privileges as needed
- STUDENT to have his own box of supplies (provided by parents) that he can use (pencils, scissors, glue, markers, etc.) and not shared with other students
- Ask STUDENT to use antiseptic wipes to clean his area before and after centers
- Substitute teachers to receive a copy of health care plan prior to instruction
- Parents will be provided a list of additional teachers that may be teaching STUDENT or providing guidance (i.e. librarian, buddy program teacher, science, computers, music, etc.) prior to the start of the school year
- School nurse will distribute "nurse's illness policy" in writing to all students to take home at the beginning of the fall/flu season so that all families are aware of recommendations regarding the spread of illness and staying home if student is not well
- Parents will be allowed to come into classroom during agreed to non-instructional times with teacher to sanitize classroom. This schedule will be communicated to the Principal and School Nurse so that regular assessment of the schedule can be reviewed. This schedule will be agreed upon during meeting with teacher prior to the start of school and modified if need be, once the daily classroom schedule goes into effect and/or adjusted based on season and/or known health issues
- Parents will be informed at least 5 days before the start of the school year as to STUDENT's teacher so that the appropriate meetings and communications laid out in this plan can be accomplished prior to the start of the first day of school
- Teacher, parents, school nurse, and principal will meet prior to the beginning of the school year to discuss implementation of health care plan and creation of a comfortable and safe environment for STUDENT
- Meeting pre-scheduled with parents, teacher, school nurse after first week of school to discuss/assess classroom procedures and effectiveness. Modifications to be made as needed
- Meeting (timing to be agreed upon) to be held with all special instructors prior to start of school year or within 1 week of start of school so that parents, principal, and school nurse can discuss STUDENT's situation and need for support
- Open door policy with STUDENT's teacher for communication without issue

- Nurse to objectively and randomly observe classroom procedures on occasion at request of parents or of own accord
- Parents allowed 5-10 minutes at back to school night to introduce themselves/explain their situation

Problem: Steroid usage

Goal: Make STUDENT as comfortable as possible when on steroids

- Allow STUDENT some quiet time if he has sudden mood swings due to his frequent steroid use
- STUDENT may be hungrier when on steroids or may be on a fluid restriction so he may gain some weight or need some supervision regarding fluid intake
- Watch for teasing or bullying due to side effects of steroids

Parent Signature

Date

Parent Signature

Date

Principal Signature

Date

School Nurse Signature

Date