



SCHOOL DISTRICT

[Redacted] Unified School District



### Individual Health Care Plan

**Date:** 2023-24 School Year

**Name:** [Redacted]

**DOB:** [Redacted]

**School/Teacher:** [Redacted] 1<sup>st</sup> Grade

**Parent(s):** [Redacted]

**Emergency Contacts:**



### Health & Development Information

**Allergies:** None

**Immunizations:** Up to date

**CHDP and Oral Health Assessment Forms:**

**Acute or Chronic Health Conditions:** [Redacted] was diagnosed with nephrotic syndrome in September 2021. She is followed by her pediatrician and nephrologist at [Redacted] for this condition. Nephrotic syndrome is a rare autoimmune disease that attacks the kidneys causing them to leak large amounts of protein into the urine, or in severe cases shut down entirely. This is a chronic disease with no cure, but with treatment it can be managed or put into periods of remission. She is currently being treated with oral steroids (prednisolone), IV monoclonal antibodies (Rituximab) and an oral acid reducer (famotidine) for stomach upset.

It often takes a considerable amount of time for physicians to find the right combination of medications with the least number of side effects to control this condition. Future treatments might include fluid restrictions, diuretics, antihypertensives, or additional immunosuppressant medications. Many patients do outgrow their symptoms later in life, so the plan is to control [Redacted] condition as best as possible until she reaches this time.

[Redacted] condition can worsen/be triggered by conditions such as exposure to colds/influenza/viruses, and bug bites. Her parents check her urine daily at home to monitor for protein. They also watch for symptoms such as swelling around the eyelids, belly and legs.

### Classroom/School Based Plans

- 1. Threat of illness or infection while immunocompromised.** Every effort will be made to limit [Redacted] exposure to illness by instituting the following:

- a. Encourage hand washing in the classroom by all students
  - b. Encourage coughing/sneezing etiquette (cough/sneeze into elbow, wash hands after blowing nose)
  - c. Hand sanitizer will be available as an alternate or supplement to soap and water
  - d. District illness protocols will be adhered to
  - e. [REDACTED] will have her own water bottle in order to avoid using shared water fountains
  - f. [REDACTED] will be seated away from any student exhibiting symptoms of illness
  - g. [REDACTED] will have her own box of classrooms supplies to avoid shared items
  - h. [REDACTED] will be reminded to clean her workspace before/after centers if not done by an adult in the classroom
  - i. School site staff will inform parents of any known communicable disease exposure in the classroom (COVID, chicken pox, strep throat, influenza, etc.)
2. **Steroid use and side effects.** Steroids can cause side effects that might include muscle/bone pain, weight gain, puffy/swollen face, mood swings, insomnia, hunger, fatigue, heartburn and nausea/stomach pain
- a. Allow [REDACTED] breaks and quiet time if mood swings or anxiety are impacting her day
  - b. Allow [REDACTED] to eat and drink in class as needed
  - c. Create a positive environment that supports [REDACTED] changing body. Monitor for teasing or bullying related to weight gain
  - d. [REDACTED] has salt intake restrictions. She should only eat food from home unless approved by parents in advance

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Nurse Signature

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Date