



Seattle Medic One, 325-9 Ave., Box 359727, Seattle WA 98104, 206-386-1483/386-1364 (FAX)

Individual Care Plan

[NAME OF PERSON]

DOB:

Parents:

Home

[insert address]

School

[insert address]

MEDICAL PROBLEM: Congenital Adrenal Hyperplasia (CAH)

In the event of a traumatic injury such as a broken bone or concussion, decreased level of consciousness, or inability to take [her/his] oral medication, [name] must be given Solu-Cortef (hydrocortisone sodium succinate) IM or IV.

[NAME] or caregivers should have 100 mg Solu-Cortef in a 2 ml "Act-O-Vial." Medic Units will carry a copy of this care plan and a dose of the medication.

ASSESSMENT

- 911 call for "[girl/boy] down" or "suspect adrenal crisis"
- Medic Alert Bracelet: Adrenal Insufficiency
- Most likely, [name] will be pale and poorly responsive.

DISPATCH ACTIONS

1. If CAD alert or caller indicates this patient - dispatch Medic Response
2. Announce "Individual Care Plan"

BLS ACTIONS

1. Be aware of this care plan and facilitate a Medic Response
2. Determine whether [name] is the patient
3. Confirm or request Medic response
4. Provide location and directions if needed
5. Acquire recent history and vital signs
6. Treat ABCs as appropriate

Note: EMTs may provide assistance to family, caregiver, or school staff following the patient's physician's orders that direct them to give medication.

Do not mix, draw up or administer Solu-Cortef. It is not within EMT scope of practice.

ALS ACTIONS

Standing Orders:

1. Check [name] blood sugar.
2. Reconstitute the medication in the vial by pushing on the stopper to mix the fluid and dry powder and gently mix the medication.
3. Administer 100 mg Solu-Cortef IM (2ml)
4. Start an IV and supplement with D10 IV at 2 to 3 mL per minute as needed for hypoglycemia.
5. If shock is present, administer a bolus of lactated Ringer's solution 20 mL/kg.
6. Notify the parents if possible – [name and phone numbers]
7. Transport to Swedish Hospital First Hill or Children's Hospital

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Associate Medical Director, Seattle Fire Department Medic One

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Background: [Name] has a rare condition called "Congenital Adrenal Hyperplasia" (CAH) also known as adrenal insufficiency. [She/He] has the severe, salt-wasting form of this disorder. Due to [her/his] CAH, [name]'s adrenal glands do not produce the normal hormones required for growth and development, so [s/he] takes a regular oral dose of the steroid, hydrocortisone, daily. The daily dose must be increased in times of physical stress or illness. For even minor illnesses, [name] must take three times [her/his] daily oral dose while the physically stressful situation persists.

In the event of a traumatic medical emergency, decreased level of consciousness or inability to take [her/his] oral medication – [Name] must be given Solu-Cortef IM or IV.

Additional information on adrenal insufficiency may be found at:

<http://hsc.unm.edu/emersed/PED/emsc/training/adrenal/adrenal.html>