

**Medical Action Plan**

Child's full name and nicknames

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Child's birthday, age, and grade

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Child's medical issue

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Daily directions

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Symptoms

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Actions if symptoms present

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Doctor's company name

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Doctor's name

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Doctor's phone number

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Doctor signature and date

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“We give Alpine Academy permission to provide and secure whatever emergency medical and surgical treatment they determine necessary for the care of our child.”

Parent #1 name and cell phone

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Parent #1 signature and date

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Parent #2 name and cell phone

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Parent #2 signature and date

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Alpine signature and date \_\_\_\_\_

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## Sample Language

### Julia

- Medical Issue
  - Julia has secondary adrenal insufficiency, hypoglycemia, and low serum cortisol level.
  - Includes a history of non-intractable vomiting with nausea, acute diarrhea, and seizure.
- Daily
  - Every day between 2 and 3 p.m., Julia takes ½ pill (2.5 mg of Hydrocortisone)
- Symptoms of a serious issue
  - Abdominal pain, confusion, dehydration, fatigue, high fever, vomiting, rapid breathing, extremely sluggish, excessive sweating, seizure.
- Actions when symptoms present
  - Call 911.
  - Give Julia the Solu-Cortef (kept in the office cupboard).
    - Connect the plunger and needle.
    - Draw 10 mL of liquid into the plunger/needle.
    - Shoot the liquid into the jar of powder. Swirl gently to mix. Avoid bubbles.
    - Draw 10 mL into the plunger/needle.
    - Tap plunger/needle so the air bubbles rise. You want to inject liquid, not air.
    - Draw skin taut & administer directly into leg muscle. NOT THRU PANTS.
  - The office will call the parents.

### Claudio

- Medical Issue
  - Claudio had a hernia which healed on its own. Observe him in case the hernia comes back.
- Daily
  - Claudio should avoid heavy lifting, kicking, crying hard, coughing hard, straining, and using too much strength.
- Symptoms of a serious issue
  - The diaper area or belly button bulges. Bulges don't always bring pain. He could be calm.
  - Hard crying, cannot be comforted
  - Skin is darker than usual due to blockage
- Actions when symptoms present
  - If it is mild, gently push the bulges toward the stomach, and the office will call the parents.
  - If it is serious, call 911, and the office will call the parents.