

Medical Action Plan

Child's full name and nicknames _____

Child's birthday, age, and grade _____

Child's medical issue _____

Daily directions _____

Symptoms _____

Actions if symptoms present _____

Doctor's company name _____

Doctor's name _____

Doctor's phone number _____

Doctor signature and date _____

“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 _____

Parent #1 signature and date _____

Parent #2 name and cell phone _____

Parent #2 signature and date _____

Alpine signature and date _____

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.