



Canadian Pediatric Endocrine Group
Groupe canadien d'endocrinologie pédiatrique

February 3, 2017

To Whom it May Concern

Re: Solu-Cortef® injection for persons with adrenal insufficiency/steroid dependency.

The Canadian Pediatric Endocrine Group and the Canadian Pediatric Endocrine Nurses support the efforts of the Canadian Addison's Society in lobbying for emergency Solu-Cortef® administration by Emergency Medical Services (EMS) for persons with adrenal insufficiency/steroid dependency. As it is recommended that these individuals wear a medic alert indicating their condition, they can be identified by emergency medical personnel in the field.

Individuals with adrenal insufficiency /steroid dependency do not produce life-sustaining hormones (cortisol and /or aldosterone) vital to the maintenance of blood pressure and heart muscle tone, as well as sugar and salt balance. Individuals affected by adrenal insufficiency and those who are steroid dependent are at risk of adrenal crisis.

Immediate, appropriate emergency medical response for individuals with adrenal insufficiency can mean the difference between life, disability and death. Patients may have experienced febrile illnesses, vomiting, surgery, lengthy medical/dental procedures and serious injury or trauma. Signs of adrenal crisis include: pallor, dizziness, headache, weakness/lethargy, abdominal pain, vomiting/nausea, hypoglycemia, hypotension, shock, heart failure, and possible death. The underlying problems include: low blood sugar, low blood sodium, dehydration, low blood pressure, all predisposing the individual to heart failure and shock.

During times of significant stress including illness or trauma, the timely administration of a stress dose of glucocorticoid is critical and may be lifesaving. Given this importance, we support the administration of Solu-cortef (IM or IV) by Emergency Medical Services. The potential for harm in administering this medication is low, while a delay in administration may result in a potentially life-threatening adrenal crisis. ***The injection should not be delayed while patients are transferred to an emergency room.***

We strongly support the Canadian Addison's Society in their efforts to ensure that emergency Solu-Cortef® administration by Emergency Medical Services (EMS) is available.

Sincerely,

Elizabeth Sellers

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