***ILLNESS MANAGEMENT****:* ***STRESS DOSING FOR ADRENAL INSUFFICIENCY***

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| ***Medication Dose*** | ***Emergency Care*** |

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| **Regular dose of** Hydrocortisone (Cortef)  AM: 10 mg  PM: 5 mg  **Moderate Illness and tolerating oral medications**  Including; severe head cold, lethargy, moderate to severe diarrhea, vomiting, injury and/or fever ≥ 38 C oral (38.5 C rectal) begin stress dosing***immediately*** as follows:  20 mg every 6-8 hours  (6 hours if vomiting)  **Stress dosing should continue for 24 hours AFTER symptoms are gone**  Ensure that your child or youth is drinking regularly if unwell, taking sugar and electrolyte containing fluids (e.g. Pedialyte, Gatorade etc.) hourly when awake. This is particularly important if there is any diarrhea or vomiting.  ***If stress dosing is required for >3 days, or you have questions about if your child needs stress dosing or how to give stress dosing, call CHEO’s endocrine team for advice.***  **Severe illness/injury OR vomiting and unable to keep down medication by mouth:**  Follow Emergency Care Instructions  Solu-Cortef (Intramuscular Hydrocortisone) dose:  \_\_\_ mg (\_\_ ml) by injection of the  100mg/2ml  250mg/2ml  ***If your child is vomiting and you are uncertain if they need an intramuscular dose call CHEO’s endocrine team for advice.*** | **Intramuscular Hydrocortisone (Solu-Cortef) is required if you/your child or youth:**   * is unconscious or not responding normally, OR * suffers a serious injury, OR * is vomiting and/or unable to keep their medication down   If you have Solu-Cortef but are unable to give the medication yourself, it can be administered by Emergency Medical Services (EMS) in certain regions by calling 911.If you do not have Solu-Cortef at home or if you live in a region where EMS is not permitted to administer, it will be given at the Emergency Department.  **If your child/youth is unable to respond normally, is unconscious or if they suffer a serious injury:**   * **FIRST call 911 and then administer promptly Solu-Cortef.** * If you have Solu-Cortef at home but are not able to administer it, ask if EMS can administer it when they arrive.     **If your child is vomiting and/or is unable to keep down the medication by mouth:**   * Administer Solu-Cortef then call CHEO at 613-737-7600 x0 and ask for the Endocrinologist-on-call. * If you do not have Solu-Cortef at home, call CHEO at 613-737-7600 x0 and ask for the endocrinologist on call and prepare to go to the nearest Emergency Department for assessment, possible IV medication and hydration.   In the Emergency Department: Present your wallet card to the triage nurse and inform them that your child has **Adrenal insufficiency**  The Emergency Department will contact the Endocrinologist-on-call.  All children and youth with permanent forms of adrenal insufficiency require a medical alert bracelet. Parents of children with adrenal suppression may discuss this need with their Endocrinologist.  ---------------------------------------------------------------------------------  **You can call the Endocrinologist-on-call during illness/injury with any urgent concerns about the above instructions:**  ***CHEO 613-737-7600 x 0 and ask for the Endocrinologist–on-call***  You may also call your Endocrine Nurse during business hours for non-urgent concerns  613-737-7600 ext 2992 RN: Brenda Fraser/Sara Chang  ext 1390 Natisa Letwin/Sara Chang |