



### **Swine flu and Paediatric Endocrinology and Diabetes alert**

In light of the current flu pandemic the BSPED advises that all centres looking after children with endocrine disorders (particularly those taking steroid replacement therapy) and diabetes have written procedures in place to cope with advice to their patients in the event of them contracting flu. This should include the following:

- Information and advice about what to do with drug doses during intercurrent illness ('sick day' rules apply as usual).
- What to do and who to contact in the event of becoming seriously unwell including diarrhoea, vomiting, dehydration or drowsiness.
- How to obtain antiviral medication, phone GP, NHS Direct (0845 4647) or the swine flu information line (0800 1 513 513).

Also patients need to be advised that in the event of a severe pandemic it may be difficult to get repeat prescriptions at short notice due to staff shortages. The Society for Endocrinology (SfE) have recommended that all patients requiring steroid replacement therapy keep a minimum supply of 2 months therapy in reserve for emergencies. The press release and information sheet for adult patients taking hydrocortisone can be found on the SfE website at <http://www.endocrinology.org/news/article.aspx?articleid=1646> . It seems sensible that this advice should also apply to children with other endocrine disorders and diabetes.

BSPED Clinical Committee