

IMPORTANT Instructions for Hospital Doctor

This child/young person has a diagnosis of
Adrenal Insufficiency due to

.....
.....
If the patient is brought to hospital as an
emergency, take prompt action as below :

- Give IV or IM HYDROCORTISONE
Age <1 year : Hydrocortisone 25 mg
Age 1-5 years : Hydrocortisone 50 mg
Age > 6 years : Hydrocortisone 100 mg

- Check blood glucose (give 2ml/kg 10% dextrose bolus if glucose < 2.6 mmol/L).
- Take blood for electrolytes (U&Es) and other appropriate tests, e.g. blood culture.
- Start IV infusion of 0.9% saline 5% dextrose at maintenance rates (extra if dehydrated).
- If circulation is compromised, give bolus of 20 ml/kg 0.9% saline.
- Give another bolus IV hydrocortisone (same dose) after 6 hours, unless patient improves and tolerates oral fluids.

Admit patient if IV/IM Hydrocortisone given

ON ADMISSION PLEASE INFORM

On call Team
Paediatrics / Paediatric Endocrinology

Telephone/bleep :

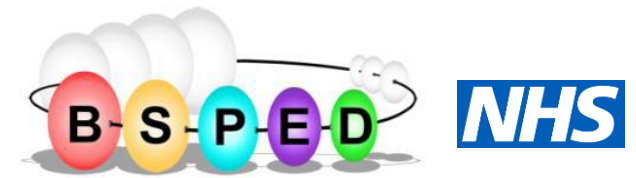
Consultant names :

PA phone numbers:

STEROID TREATMENT MUST NOT BE STOPPED

- If the patient tolerates oral fluids, swap IV hydrocortisone to DOUBLE dose oral Hydrocortisone (given as 4 doses/day).
- Review the patient before discharge from the hospital.
- Once patient is better, advise patient to reduce hydrocortisone to usual dose after 2 days.
- If the patient also takes DDAVP (desmopressin), keep careful fluid balance, monitor electrolytes and consider dose alteration. Seek specialist advice.

The BSPED steroid card has information on the Emergency management of Paediatric Adrenal Insufficiency. The BSPED is not responsible for individual patient care.



PAEDIATRIC STEROID TREATMENT CARD

The holder of this card has
ADRENAL INSUFFICIENCY

The patient is receiving
CORTISOL REPLACEMENT

Name:

Address:

Date of Birth: / /

NHS / Hospital Number:

Hospital Name:

Hospital Consultant:

Specialist Nurses:

Hospital Contact numbers:

GP name/address:

Tel:

Steroid card designed by BSPED November 2020

Current Regular Treatment for Adrenal Insufficiency

Medication	Preparation (Tablet/Granules/Liquid) + Strength	Dose	Time
Sick Day Rules			

Take Hydrocortisone + other medications regularly to reduce risk of Adrenal Crisis

Emergency dose of Hydrocortisone injections

Give IV or IM Hydrocortisone
Age < 1 year : Hydrocortisone 25 mg
Age 1-5 years: Hydrocortisone 50 mg
Age > 6 years: Hydrocortisone 100 mg

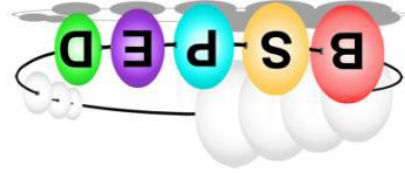
- Check that you have a supply of IM Hydrocortisone injection (including needle + syringe)
- Check medication is in date

Anaesthesia + Surgery: IMPORTANT INFORMATION

If your child needs a general anaesthetic or surgery, speak to the doctor about the need for IV HYDROCORTISONE for the procedure

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NHS



If your child is unwell

- In the event of a mild/moderate illness, double usual total daily hydrocortisone dose and give the total doubled dose in 4 equal divided doses at 6-hour intervals.
- Give the evening dose late and the morning dose early in the morning.
- If also taking fludrocortisone, the dose of fludrocortisone should remain the same.
- If the patient –
 - Is unable to take tablets or fluids by mouth (e.g. due to continued vomiting),
 - Feels drowsy,
 - Does not feel better after increased tablets for two doses,
 - Has been involved in major trauma,

GIVE INTRAMUSCULAR INJECTION OF HYDROCORTISONE
 Age < 1 year : 25 mg
 Age 1-5 years: 50 mg
 Age > 6 years : 100 mg
 Call 999 stating your child is having an ADRENAL CRISIS

Please bring this card with you

Show this to the doctor or nurse