

<b>Information, Education and Training required prior to initial discharge / at time of diagnosis</b>	
Written information about adrenal insufficiency (e.g.: BSPED website hyperlink, ESPE, SPEG)	
Recommend use of BSPED AI card website hyperlink (or equivalent) which covers the information below: <ul style="list-style-type: none"> <li>• Current steroid treatment plan and doses (and mineralocorticoid if relevant)</li> <li>• Sick day episode oral steroid dose</li> <li>• Emergency intramuscular steroid dose</li> </ul>	
Emergency hydrocortisone injection kits (for home, nursery/school and any other regular residence (grandparents, parents / carers not co-habiting))	
Training to administer hydrocortisone injection (in person, virtual, YouTube) <p><a href="https://www.pituitary.org.uk/news/2020/08/hydrocortisone-injection-video">https://www.pituitary.org.uk/news/2020/08/hydrocortisone-injection-video</a> (Solu-cortef; hydrocortisone sodium succinate - powder for dilution)</p> <p><a href="https://www.youtube.com/watch?v=R5_BScN6HwE">https://www.youtube.com/watch?v=R5_BScN6HwE</a> (Glass vial: hydrocortisone sodium phosphate)</p>	
Open access to local paediatric medical ward / paediatric emergency department	
Provide information for appropriate support group if applicable. livingwithCAH.com, addisonsdisease.org.uk, pituitary.org.uk	
Emergency contact numbers for local paediatric team and regional paediatric endocrinology team if applicable.	
Registered with the ambulance service (Red alert category)	
Medical alert added to notes / electronic hospital systems to flag that child has adrenal insufficiency	
Advice to wear a medical alert bracelet / necklace	
Inform GP of diagnosis, glucocorticoid doses (including sick day episodes) and request glucocorticoids put on repeat a prescription	
Care plan for school / nursery	
Ensure clinic appointment in place with medical staff	
<b>Recommended actions for family</b>	
Download MyCortisol app	
Inform nursery / school	
Ensure adequate supplies of hydrocortisone for sick days and travel	
Medical alert bracelets / necklace / mobile phone medical ID	
Contact appropriate patient support group	
Regularly check that hydrocortisone injections are in date	
<b>Subsequent visits (frequency dependent upon patient's needs)</b>	
Review child/young person and family understanding of condition and sick day rules	
Review BSPED AI leaflet and update daily replacement, sick day episode & emergency IM doses based on up to date measurements.	
Ensure appropriate supply of medication/equipment and training up to date	
Ensure alerts remain in place (Ambulance/patient notes/personal alert for e.g. jewellery or phone)	
Check care plans for school / nursery are up to date	
Review how any sick days were managed. Check if emergency hydrocortisone was required	