Replacement Hydrocortisone and DDAVP Illness Management Flow Sheet for Parents and Carers

Childs name		GOSH Consultant	
Date of birth		GOSH contact number 020 7405 9200	
Diagnosis		Current meds- Doses and times	
Local Consultant & Contact numbers			

Is your child unwell?

YES

Increased temperature, childhood illness, viral infection etc

Double oral hydrocortisone doses for next 24-48 hours and give extra 4am dose of hydrocortisone (see box)

Ensure emergency kit is with the child. Seek medical advice from GP, local hospital if required

If becoming more unwell or has hypoglycaemic symptoms at any time (see box for signs)

Contact endocrine CNS via MYGOSH or call 020 7813 8214 for advice if required

Vomiting and/or diarrhoea

Tolerating oral hydrocortisone doses?
Give double dose of hydrocortisone (even if not due) and ensure this is tolerated i.e., no vomiting and/or diarrhoea within the hour after the dose

Not tolerating

Give IM injection of hydrocortisone
0-1 yr. – 25mgs
1-5 yr. – 50mgs
6+ - 100mgs

Call 999 stating Child is having an **ADRENAL CRISIS**
If conscious administer glucose gel orally

Inform GOSH ENDO REG team

Tolerating

Double oral hydrocortisone doses for next 24-48 hours and give 4am dose of Hydrocortisone (see box)

If stops tolerating hydrocortisone or has hypoglycaemic symptoms at any time (see box for signs)

OR

Has the child had an accident or significant injury?

I.e., head injury with loss of consciousness, broken limb, burn or showing signs of shock for any reason

Give IM injection of Hydrocortisone
0-1 yr. – 25mgs
1-5 yr. – 50mgs
6+ - 100mgs

Call 999 stating Child is having an **ADRENAL CRISIS**
If conscious administer glucose gel orally

4am dose
Give additional double normal morning dose at 4am. Continue to give normal doubled doses at normal times

Signs of Hypoglycaemia

Pale, clammy, lethargic, confused, glazed, not acting as they normally should, sleepy, unable to wake up

Give glucose gel orally

0-6 months- 1/3 tube (3g)
6 months- 2yrs- ½ tube (5g)
2-5 years- 1 tube (10g)
6+- 1.5 tubes (15g)

IMPORTANT – This patient is on DDAVP if the emergency hydrocortisone injection has been given, we advise the following:

- Do not give DDAVP until assessed in hospital, U&Es checked, and sodium level is stable
- Allow to drink freely whilst off DDAVP, or give IV fluids equivalent to maintenance