

MAKING A DIFFERENCE IN THE LIVES  
OF CHILDREN, YOUTH AND FAMILIES



**Illness Management at School/Daycare-**  
**Stress dosing for Adrenal insufficiency**  
**due to Steroid suppression**

*Division of Endocrinology and Metabolism*

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

Affix Label

***Medication Dose***

For fever greater than 37.5 C orally or underarm, sore throat, persistent cough, vomiting and/or diarrhea or an injury that causes pain and/or requires medical attention

**Give 10 mg Cortef orally (1 full tablet) and call parents immediately**

If the child meets criteria above for the extra dose, call their parents. As a back-up, you can call the Endocrinologist on call for advice (the number is provided in the bottom right box)

You should not require the information in the right hand column, but it is provided for your information and in case you need to contact emergency personnel and are unable to reach the child's parents.

***Emergency Care***

*You may have been taught to give the medication by injection (SoluCortef). This is required if your child:*

- is unable to keep down the medication by mouth
- is unable to respond normally, is unconscious, or if they suffer a serious injury.

**\*\*You may also need to call 911\*\***



Call the Endocrinologist-on-call for directions and prepare to go to the nearest Emergency department for assessment, possible IV medication and hydration.

Present your wallet card to the triage nurse and inform them that your child has

**Adrenal insufficiency due to steroid suppression**

The Emergency Department will contact the Endocrinologist-on-call.

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 \_\_\_\_\_**

**RN: \_\_\_\_\_**