

# ILLNESS MANAGEMENT GUIDELINES: ADRENAL INSUFFICIENCY

ACH Endocrine Clinic

Tel: (403) 955-7003

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Endocrine MD on call after-hours: call Alberta Children's Hospital switchboard (403) 955-7211

Name: \_\_\_\_\_ Last Clinic Visit: \_\_\_\_\_

(yy/mm/dd)

RHRN: \_\_\_\_\_ DOB: \_\_\_\_\_

Height (cm): \_\_\_\_\_ Weight (kg): \_\_\_\_\_ Body Surface Area (m<sup>2</sup>) \_\_\_\_\_

Adrenal replacement medication(s)

as of last clinic visit: \_\_\_\_\_

This individual has: **ADRENAL INSUFFICIENCY**

- ☐ Primary glucocorticoid and mineralocorticoid deficiency
- ☐ Primary glucocorticoid deficiency only
- ☐ Hypopituitarism with glucocorticoid deficiency

## Problem

## Action

**Mild illness** associated with fever over 38.5 C, vomiting, diarrhea or significant lethargy

Increase \_\_\_\_\_ by \_\_\_\_\_ times as follows:

Take \_\_\_\_\_ every \_\_\_\_\_ hrs for 2-3 days until symptoms improve.

Following this, return to usual doses.

Unwell, vomiting or diarrhea resulting in **inability to retain or absorb oral medicines**

### Families have been told to initiate intra-muscular corticosteroid at home

Family should bring child to emergency department for further treatment:

1. IV hydrocortisone (Solu-cortef®) 50mg /m<sup>2</sup> = \_\_\_\_\_ mg for one dose followed by 10mg /m<sup>2</sup> = \_\_\_\_\_ mg iv every 6 hrs.
2. IV fluids / boluses as needed.
3. Stop oral Florinef and Glucocorticoid while on iv hydrocortisone
4. Please call endocrine on-call in first 24 hours to review stress steroids
5. Continue this plan until oral medications are tolerated again.

**Acute adrenal crisis** associated with hypotension, shock, obtundation, severe vomiting or diarrhea

### Families have been told to initiate intra-muscular corticosteroid at home

Ambulance should be called and treatment initiated including assessments of hydration and blood glucose and treatment with intravenous dextrose and fluids.

1. STAT: IV hydrocortisone (Solu-cortef®) 100mg /m<sup>2</sup> = \_\_\_\_\_ mg for one dose followed by 10mg /m<sup>2</sup> = \_\_\_\_\_ mg iv every 6 hrs.
2. IV fluids / boluses as needed.
3. Stop oral Florinef and Glucocorticoid while on iv hydrocortisone
4. Please call endocrine on-call in first 24 hours to review stress steroids
5. Continue this plan until oral medications are tolerated again.

- Page Pediatric Endocrinology physician through Alberta Children's Hospital switchboard (403) 955-7211 or call the Clinical Resource Nurse at (403) 955-7003 if further questions or concerns.

\_\_\_\_\_  
Physician (print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
date (yy/mm/dd)