

# Individual Healthcare Plan

## Child's details

Name
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## Family contact information

Name
Telephone
Mobile
Email

Space to insert photo
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Name
Telephone
Mobile
Email

This plan describes the needs of a child with cystic fibrosis (CF). It outlines how CF affects their daily life, how it is treated and highlights the role of the school in ensuring that the child has a full and safe school experience. This plan should be a dynamic document and must be updated with any new information or guidance.

As a minimum, it should be reviewed once a year. It has been developed with input from the specialist CF nurse and the child's parents and approved by the school.

## About cystic fibrosis

Cystic fibrosis (CF) is a genetic condition that causes a build-up of thick sticky mucus in the lungs, and digestive system. It can also affect other parts of the body. In the lungs, this mucus can block the smaller airways and cause repeated infections that damage the lungs. For most children, CF also affects the digestive system. The blockages caused by this thick mucus stop digestive enzymes getting out of the pancreas. This back-up of enzymes damages the pancreas and also means that children with CF need to take pancreatic enzymes (called Creon). Creon helps them digest and absorb nutrients from their food.

There is no cure for CF but improvements in modern CF care have led to increases in life expectancy. It's important that children with CF follow their treatment plan to ensure their best possible health.

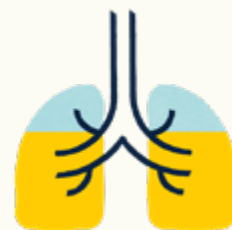
Further information about CF can be found in the factsheets for schools on Cystic Fibrosis Trust's website at [cysticfibrosis.org.uk/school](http://cysticfibrosis.org.uk/school)

## Taking care of the lungs

Children with cystic fibrosis may cough in class. This is the body's natural way of trying to dislodge and remove mucus from the lungs and airways. For children with CF coughing should never be discouraged. Some children might prefer to cough up the mucus in private, perhaps in the toilet, others may be comfortable to cough into a tissue in front of others. The cough is not infectious. If the child is coughing more than usual, please tell their parents.

## Physiotherapy

Children with CF often have a programme of physiotherapy that is designed to keep their lungs clear from mucus.



Physiotherapy activity	Time	Duration
For example: Acapella	Usually before breakfast and before evening meal.	10 mins for each session.
Notes		
For example: There is no need for the school to be involved in physiotherapy apart from to be aware of the additional burden Amelia has in her day. It is normal for Amelia to be particularly tired and a little quiet in the mornings as Amelia does not enjoy waking early for physiotherapy.		



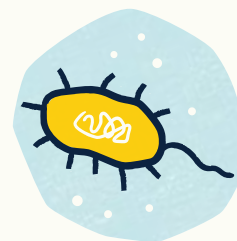
## Physical activity

Physical activity is really good for people with CF. It helps to dislodge mucus from the lungs, build lung capacity and helps them to be generally fit and healthy.

*For example: Amelia should be included in all regular school physical activity unless advised otherwise by her parents. If the weather is very cold and wet, Amelia should be encouraged to play inside instead.*

## Infection control

Children with CF can suffer worse effects from coughs and colds than other children. Minimising contact with children with streaming colds, encouraging frequent handwashing and reminding children to cough or sneeze into a tissue and then put it in the bin can help reduce infections for everyone and is particularly beneficial to children with CF.



There are certain bacteria and fungi, such as Pseudomonas and Aspergillus, which are found in the environment and can be harmful to people with CF. Mud, rotting vegetation and stagnant water are all ideal environments for these bugs to thrive.

*For example: The school has agreed to clean and dry the water play area daily and put holes in the tyre play area to ensure water doesn't stagnate. They will also talk to Amelia's parents about other activities that might pose a risk to health.*

Children with CF may be prescribed antibiotics to treat or prevent a chest infection. Sometimes antibiotics will need to be taken during the school day.

Medication	Storage	Time	Dose	Administration	Notes
For example: Flucloxacillin	In fridge	60 mins prior to lunch	5mls	Office staff to administer	Amelia tolerates well



## Cross-infection risk

People with CF can have lung infections which are not harmful to most people but can be harmful to people with CF or other serious lung conditions. Staff, visitors or other children with CF should not meet or mix with children who have CF.

*For example: There is not currently a child or staff member at the school known to have CF. The school will contact the CF team for advice if another adult or child with CF applies to the school.*

## Taking care of the digestive system

### Creon

Most children with CF need to take supplementary pancreatic enzymes (sometimes called Creon) to help them digest and absorb fat, protein and starch from their food. These enzymes are needed with all fat-containing food, including milk. They will be required at mealtimes during the school day. It's useful if the school can give parents lunch menus and let them know when there will be events that involve extra or different food.



Meal or snack	Number of capsules	Storage	Administration
<i>For example: Morning milk</i>	<i>2</i>	<i>Secure cupboard in classroom</i>	<i>The teaching assistant is responsible for administration. Amelia can take capsules whole but needs supervision. Record in communication book.</i>

### Notes

*For example: Enzyme capsules are provided to the school by Amelia's parents.*

## Diet

Some children with CF may need a higher-fat diet. This may not fit with the school's healthy eating policy but is an essential part of CF treatment. Children also need to have access to water to ensure they are hydrated throughout the day. This is especially important during periods of warm weather.



*For example: The school will make sure that Amelia can have her extra snack. Amelia's parents will inform the school if she requires additional salt in her food in which case the catering staff will be notified. The school will ensure that when they are teaching about healthy eating they tell pupils that some people need different diets to keep them healthy.*

## Toilet

Sometimes children with CF need to go to the toilet more frequently and urgently. They may complain of having a sore tummy just before going to the toilet. To help reduce anxiety or embarrassment, it's helpful if the school can have a plan in place to ensure the child can quickly access the toilet when needed. They may also spend longer in the toilet than other children. Some children, especially older children, may appreciate access to an air freshener in the toilet. Some children may want to use a toilet pass, these are available at:

[cysticfibrosis.org.uk/school](https://cysticfibrosis.org.uk/school)



*For example: Amelia has permission to use the disabled toilet which is more private than the infant's toilet area. The door on that toilet is unlockable from the outside.*



## Child's understanding of CF

It's useful to discuss and record what the child understands about CF and how much information should be shared with other children.

For example: Amelia is aware of the cystic fibrosis but does not really talk about it. Amelia is unlikely to be able to describe to friends or teachers what CF is in any detail. She finds it hard to answer questions from other children but is happy for them to be aware of her CF.

## School life

### School trips and outings

It's important that children with CF have access to the same experiences and opportunities as other children. Risk assessments will be needed to highlight any necessary precautions or additional treatment. Each risk assessment should be drawn up with help from parents and the CF team. This should include infection risks and a plan for the additional treatment needed if the trip is longer than the usual school day.



Trip/outing	Date	Risk assessment
For example: Museum	20 June	Risk assessment completed (attached) with CF nurse and Amelia's mum. No additional treatment needed.



## School attendance

Most children with CF need to attend the CF clinic every 8–12 weeks for a routine review, and have a longer annual review once a year. These appointments are likely to be during school time. In addition, children may also require admission to hospital if IV antibiotics are needed.

If known, it's helpful to plan for admissions and ensure that schoolwork is available to do while in hospital.

Date of admission	Likely duration	Learning plan
For example: 15 May	14 days	Liaise with hospital school to help Amelia maintain interest.

Children with medical conditions should not be penalised, or miss out on rewards, for their attendance where the absence is due to their medical condition. The school should discuss their policy on attendance rewards and consider amendments to ensure it is fair to those with medical conditions.

For example: The school will take into account Amelia's CF and will focus on 'best possible attendance' rather than 100% attendance.

## Communication

Communication between the school, parents and the CF team is essential to ensure a child with CF has the best possible experience at school.

For example: There is a communication book in Amelia's bag and her parents wish to emphasise that they are happy to be called if the school has any questions. Any changes in symptoms or behaviour should be recorded in the communications book. The book should be checked each morning by the class teacher or teaching assistant.

## Useful contacts

### CF nurse

Name
Telephone
Email

### CF physiotherapist

Name
Telephone
Email

### CF dietitian

Name
Telephone
Email

### Hospital school contact

Name
Telephone
Email

The school, parents and CF team should keep a copy of this plan. This plan should be reviewed at least annually or if there are any changes in the child's health or treatment.

## Signatures

SENCO or class teacher:	
CF nurse:	
Parent or Carer:	
Date of signing:	
Date for review:	