

## INDIVIDUALIZED HEALTH CARE PLAN INFLAMMATORY BOWEL DISEASE

Date:  
SY:  
Site:  
Grade:  
DOB:  
Age:

Crohn's Disease

Ulcerative Colitis

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
Emergency Contact: SEE SCHOOL DATABASE.

- See Student Emergency Card for additional emergency contact.
- Teacher/Advisor/Coach to copy and carry for all off-campus/after-hours activities.
- Students with Special Health Needs are allowed to participate in all field trips and sports unless indicated:
- Consult with School Nurse for student-specific questions. [nurse@puhsd.k12.ca.us](mailto:nurse@puhsd.k12.ca.us)

**Inflammatory Bowel Disease (IBD), Crohn's or Ulcerative Colitis** involve the function of the GI tract. IBD may involve any part of the tract, from mouth to anus, causing interference with absorbing vitamins, nutrients and reabsorbing water. This can cause significant weight loss, malnutrition, dehydration, cramping, diarrhea and sudden extreme bowel urgency. The condition can wax and wane, flares may be common, worsened by stress and causing physical and emotional fatigue. IBD is chronic and the cause is unknown. Other body systems may be affected as listed below.

### HEALTH HISTORY:

CURRENT MEDICATIONS: Immunosuppressive Therapy      Yes                  No

All students requiring medications at school must have a completed Medication Administration Form completed by the Medical Provider on file in the office.

### POTENTIAL SYMPTOMS:

- GI:      Diarrhea, with urgency, may lead in incontinence  
          Abdominal pain and cramping  
          Fatigue, physical and mental  
          Nausea and/or vomiting  
          Student has an ostomy or other surgical revision of the digestive tract  
          Rectal bleeding  
          Weight loss, malnutrition and anemia  
          Intestinal blockage leading to surgical emergency
- Eyes:    Inflammation of the eyes  
          Retinal disease, rarely retinal detachment can occur (emergency = sudden vision change)
- Joints:   Inflammation causes arthritis, pain and stiffness in joints. The back is commonly affected. Inflammation increases risk to joint swelling and injury.
- Mouth Sores:  
          Canker sores are common, and often persist  
          Oral yeast infections are common.
- Skin Disorders:  
          More prone to skin ulcers, infections and red knot-like swellings.

### ACCOMMODATIONS:

- Illness may require frequent or extended absence from school.
- Provide "anytime" bathroom pass, without asking permission, without accompaniment and without penalty. Classroom searing for discrete exit.
- Provide private bathroom facility such as staff bathroom in close proximity if needed.
- Provide area to store personal hygiene supplies and change of clothes if needed.
- Student will be permitted to drink water, eat snacks throughout day, in or out of class.
- Allow student early class dismissal. Late class arrival for toileting as needed.
- Student to self-monitor energy level, joint pain and fatigue during PE and sports.