

Treatment of Adrenal Crisis Answer Key

(Created 4/2016)

1. What is the organ that the adrenal gland sits on top of?

The kidney

2. What is the prescribed dose of medication called that a student needs during an adrenal crisis?

A stress dose

3. What plan should you review that is on file with the school that describes the student's adrenal crisis signs, symptoms and medication dosage and administration?

The School Health Management Plan

4. List three things that could trigger an adrenal crisis in a student diagnosed with adrenal insufficiency.

a) **A broken bone**

b) **The flu**

c) **A fire drill (among other stressful events)**

5. List five signs or symptoms that a child can exhibit when suffering from an adrenal crisis.

Any combination of the following: severe pain in the lower back, abdomen or legs, muscle weakness or cramping, trouble focusing, lethargy, stomach ache, nausea and/or vomiting, diarrhea, dehydration, low blood pressure, headache, red cheeks (not attributed with recess or PE)

class), dizziness, loss of appetite, dark rings under the eyes, changes in emotional behaviors- student may seem upset, angry or more tearful than normal, fainting or passing out, fever (over 100°F).

6. Who is able to conduct a training on adrenal insufficiency?

A physician licensed to practice in Oregon; or a nurse practitioner licensed to practice in Oregon; or a registered nurse licensed in Oregon.

7. What Oregon Revised Statute authorizes persons to be trained to administer medication to students diagnosed with adrenal insufficiency who are suffering from an adrenal crisis?

ORS 433.800 – 433.830

8. Training on adrenal insufficiency is required every 3 years, but the Oregon Health Authority recommends retraining every 1 year(s) to maintain competency.

9. When a child with adrenal insufficiency suffers a physical or emotional event, they are unable to produce the stress hormone cortisol and need a ‘stress dose’ of their prescribed medication to avoid permanent disability or death.

10. When in doubt inject the student with their stress dose of medication.

11. When reconstituting any injectable drug to be given to a child suffering from adrenal crisis, if the solution remains cloudy or

does not clear, you are instructed not to administer the drug and wait for EMS providers.

12. If a child with adrenal insufficiency suffers a skinned knee, will they necessarily require a stress dose of their medication?
NO What if that child suffers a broken ankle? YES