****

**Individualiz­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­ed School Healthcare Plan (ISHP)**

**Please attach applicable procedure and physician’s orders to this ISHP**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Student Name:** |  | **DOB/ID #:** |  | **Date:** |  |
| **School Site:** |  | **Rm. #** |  | **School Phone:** |  |

|  |
| --- |
| **Physician Information:** |
| Name:  | Phone:  |  |
| **Emergency Contacts:** |
| **Name** | **Relationship** | **Phone** | **Phone** | **Phone** |
| 1.  |  |  |  |  |
| 2.  |  |  |  |  |
| 3.  |  |  |  |  |
| **MEDICAL DIAGNOSIS/PROBLEM AND DESCRIPTION:** |
| Dysautonomia is a general term for a group of disorders that share a common problem – that is, an autonomic nervous system (ANS) that doesn’t function as it should. The ANS is the part of the nervous system that controls involuntary body functions (functions you don’t consciously control) like your heart rate, blood pressure, breathing, digestion, body and skin temperature, hormonal function, bladder function, sexual function, and many other functions.When the ANS doesn’t work the way, it should, it can cause heart and blood pressure problems, breathing trouble, loss of bladder control and many other problems. |
| **SYMPTOMS TO WATCH FOR:** |
| A common sign of dysautonomia is orthostatic intolerance, which means you can’t stand up for long, without feeling faint or dizzy. Other signs and symptoms of dysautonomia you may experience include: Balance problems, chest pain/discomfort, ongoing tiredness, nausea and vomiting, GI problems (constipation), large swings in heart rate and blood pressure, fainting/loss of consciousness, migraines/headaches, noise/light sensitivity, dizziness, visual disturbances (blurred vision) weakness, sweat less than normal or not at all, dehydration, low blood sugar, difficulty swallowing, brain “fog”/can’t focus, mood swings, frequent urination, incontinence, exercise intolerance (heart rate doesn’t adjust to changes in activity levels). |
| **HEALTH CARE ACTION PLAN:** |
| There’s no cure for this condition, but you can manage the symptoms. Your healthcare provider may suggest many different therapies to manage your dysautonomia symptoms.The more common treatments include:* Drinking more water every day. Ask your healthcare provider how much you should drink. Additional fluids keep your blood volume up, which helps your symptoms.
* Adding extra salt (3 to 5 grams/day) to your diet. Salt helps your body keep a normal fluid volume in your blood vessels, which helps maintain a normal blood pressure.
* Sleeping with your head raised in your bed (about 6 to 10 inches higher than your body).
* Taking medicines such as fludrocortisone and midodrine to increase your blood pressure.
 |
| **IN THE EVENT OF AN EMERGENCY EVACUATION** |
| The following designated and trained staff member(s): should have access to a communication device and are responsible for assuring that the student’s medication and emergency plan accompanies him/her to the evacuation command center.The following designated and trained staff member(s): are responsible to evacuate the student following the pre-determined (attached) path of travel. If the student is unable to ambulate or utilize his/her powerchair/wheelchair, then the Med-Sled must be used to evacuate. The Med Sled is located:  |
| **STUDENT ATTENDANCE** |
| [ ]  **No Concerns** [ ]  **Concerning Absenteeism (5 – 9.9%) Chronic Absenteeism (> 10%)****INTERVENTIONS**[ ]  **Parent/Guardian Contact** [ ]  **Attendance letter**[ ]  **HIPAA/MD Contact** [ ]  **Medical Referral**[ ]  **Teacher(s) Collaboration** [ ]  **SART/SARB** |
| **DESIGNATED STAFF:** |
| **Name** | **Training Date** | **Name** | **Training Date** |
| 1.  |  | 4.  |  |
| 2.  |  | 5.  |  |
| 3.  |  | 6.  |  |
| **DISTRIBUTION DATE(S):** |
| [ ]  **Principal** | **Date** |  | [ ]  **Parent/Guardian** | **Date** |  |
| [ ]  **Teacher** (Put copy in sub folder) | **Date** |  | [ ]  **Other** |  | **Date** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **School Nurse Signature** |  | **Date** |  |
| **Parent/Guardian Signature** |  | **Date** |  |