

# Sickle cell action plan

## Student details

Student name

Date of birth

Year level

Pre-prep

Medical diagnosis

Teacher

Parent name

Parent signature

## EMERGENCY CONTACT DETAILS

Parents / guardians should always be contacted in the first instance regarding any health concerns.

1. Parents / guardians:
2. Ambulance: **000**
3. QCH Switchboard: **3068 1111** (ask for Haematology Consultant on call)

## About Sickle Cell Disease (SCD)

Sickle Cell Disease (SCD) is an inherited blood disorder where red blood cells (cells that carry oxygen around the body) form an abnormal shape known as sickling.

These abnormal cells can block blood vessels preventing normal blood flow to important organs and causing severe pain. SCD can also decrease the production of normal red blood cells (RBC) causing anaemia.

Action plan is accurate as at (today's date)

**Please turn over for emergency management guide.**



Signs and symptoms	What to look for	Who to call
<b>Pain</b> (always be responsive when a child complains of pain)	Headache (severe)	<b>000</b> <b>(triple zero)</b>
	Chest Pain	
	Upper left abdominal pain (spleen)	
	Priapism (sustained or unwanted erection)	
	Severe bone, joint or hip pain	
<b>Signs of stroke</b> <b>F</b> - Face <b>A</b> - Arms <b>S</b> - Speech <b>T</b> - Time	Facial droop	
	Weakness on either side of the body (face, arms or legs)	
	Unable to speak or change in speech	
	Sudden onset difficulty with memory	
	Sudden or constant dizziness/blurred vision	
	Vomiting with headache	
<b>Changes to breathing</b>	Difficulty breathing	
	Fast or noisy breathing	
<b>Fever, sweating and shivering</b>	Temperature of 38°C or above	<b>Parents /guardians in the first instance.</b>
<b>Paleness</b>	Change in colour of skin, lips or finger nails	
<b>Swelling</b>	Hands/feet/joints	

**ALERT**



Cold packs/ice should **NOT** be used in the treatment of pain in students with Sickle Cell Disease (SCD). Please only use heat packs to treat pain.