**Example 1:**

**Sarah’s Individual Health Care Plan (IHCP)**

**Overview**

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| --- | --- |
| Name of school/setting | St. David’s Primary School |
| Child’s name | Sarah Jones |
| Group/class/form | 2 |
| Date of birth (DOB) | 01/01/2014 |
| Child’s address | 1 Sarah Close, Sarah Town, SJ1 1JN |
| Medical diagnosis/condition | Epidermolysis Bullosa Simplex (EBS) |
| Date | 01/01/2020 |
| Review date | 01/01/2021 |
| Plan developed with | Mrs Deborah Jones  Sabrina Khan – Sarah’s DEBRA Community Support Manager  Miss Brown – Headteacher |

**Family contact information**

|  |  |
| --- | --- |
| Name | Mrs. Deborah Jones |
| Relationship to child | Mum |
| Phone number (work) | 1111 111 1111 |
| Phone number (home) | 22222 222 222 |
| Phone number (mobile) | 33333 333333 |
| Name |  |
| Relationship to child |  |
| Phone number (work) |  |
| Phone number (home) |  |
| Phone number (mobile) |  |

**Clinic/hospital contact information**

|  |  |
| --- | --- |
| Name | Great Ormond Street Hospital |
| Phone number | 01234 567891 |

**General practitioner (GP)**

|  |  |
| --- | --- |
| Name | Dr. Hilary Jones |
| Phone number | 01234 567890 |

**School support**

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| --- | --- |
| Who is responsible for providing support in school? | Headteacher, SENCO and form teacher |
| Specific support for the pupil’s educational, social and emotional needs | Sarah will need reassuring if she becomes upset. |
| Arrangements for school visits/trips, etc. | Sarah will need preventative dressings and pain relief. She may need more frequent rest periods or adjustments made if lots of walking. |
| Training requirements – who, what and when | Mrs. White and Mr. Green to be shown how to lance blisters by Sarah’s parents.  Mrs. White and Mr. Green to be given training on dressings by Sarah’s parents. |
| Other information | Please do not use sticky plasters on Sarah as these will damage her fragile skin. Please use dressings from Sarah’s dressings box. |

**Medical requirements**

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| --- | --- |
| Describe your child’s medical needs and include details of their symptoms, triggers, signs, treatments, facilities, equipment or devices, environmental issues, etc. | EB – a rare skin condition causing extreme skin fragility. Blisters occur with friction (e.g. walking and writing, usually localised to hands and feet). Blisters are extremely painful and not self-limiting; therefore, need lancing with a sterile needle. They can be made worse with heat/warmer temperatures.  Sarah may limp or walk very slowly to indicate that blisters have formed.  She may struggle to keep up in class with writing.  Sarah can have preventative dressings before PE or outdoor activity and may need pain relief before PE or if in pain during the day.  Sarah needs to sit in a cooler part of the classroom and may need a fan in warmer weather.  Sarah needs to wear soft slippers in the classroom.  Sarah needs a cushion to sit on hard floors and chairs to prevent blisters. |
| Name of medication, dose, method of administration, when to be taken, side effects, contra-indications, administered by/self-administered with/without supervision, etc. | Paracatemol suspension 10ml – as required for pain relief (up to four times a day).  Mepitel lite dressings – to be used on skin, if necessary, to cover burst blister sites or wounds.  Flaminal forte cream – to be used on wounds, if necessary. |
| Daily care requirements | Dressings and needles box to be maintained – if blisters form they will need lancing as they appear. |

**In case of emergencies**

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| Describe what constitutes an emergency and the action to take if this occurs | If any areas of Sarah’s skin appears red, hot and inflamed this could be a sign of infection. Please call her parents/emergency contacts. |
| Responsible person(s) in an emergency *(state if different for off-site activities)* |  |

**Additional information**

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| --- | --- |
| Form copied to |  |