



NAME/STICKER:

Doctor and date of review:

## STEROID COVER IN EMERGENCIES, SERIOUS ILLNESS AND INJURY

**MILD ILLNESS:** no change to normal hydrocortisone (Hysone®) or any other medication such as fludrocortisone (Florinef®).

**SIGNIFICANT INJURY/ STRESS OR SEVERE ILLNESS:** (temperature >38°C, illness severe enough to miss school or normal activities)

-Triple (3X) the normal total **daily** dose of hydrocortisone and give as **4 equal doses (6 hourly) per day** until better; then resume normal doses of hydrocortisone.

-Give sugar containing fluid, such as ½ cup juice/lemonade and simple/complex carbohydrate to eat and drink at least every 6 hours. **If not able to tolerate fluids or food, take to hospital for review.**

-If patient is on Florinef, do not change dose.

### **REPEATED VOMITING AND/OR DIARRHOEA**

-If single vomit within 1 hour of usual hydrocortisone dose, repeat the dose.

-If child vomits again or has significant diarrhoea, give intramuscular injection (IMI) of hydrocortisone (see table below for dose)

-**Take to hospital** (see Hospital Treatment below)

**EMERGENCY:** (child shocked, clammy, drowsy or unconscious)

**Give Hydrocortisone immediately by intramuscular injection and call ambulance**

Age	Hydrocortisone Dose (mg)	Hydrocortisone Dose (ml) (Act-O-Vial®) Available as 100mg/2ml or 250mg/2ml preparation
< 6 months	25	0.5 ml from 100mg vial
6 months – 2 years	50	1.0ml from 100 mg vial
3 – 10 years	75-100	0.6-0.8ml from 250 mg vial
>10 years	100-200	0.8-1.6ml from 250 mg vial

**On arrival at hospital** -Triage/ priority 1 on arrival at hospital

**Repeat** hydrocortisone IMI at doses given above or 2mg/kg intravenously (do NOT delay hydrocortisone because of difficult IV access); follow guidelines as below:

<https://pch.health.wa.gov.au/For-health-professionals/Emergency-Department-Guidelines/Adrenal-insufficiency>

**CONTINUE with hydrocortisone** 1mg/kg 4-6 hourly IVI or IMI, or 100mg/m<sup>2</sup>/day by constant IV infusion.

Contact Endocrinologist on call at **PCH** on 6456 5993 or PCH main switchboard on 6456 2222

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