

Celiac Disease Classroom Health Care Plan

Name: _____ **Effective Date:** _____
Parent(s): _____ **School:** _____
Home Phone: _____ **Bus:** ___ yes ___ no
Emergency/Cell: _____ **School Nurse:** _____ **Office #:** _____
DOB: _____ **Doctor:** _____ **Office #:** _____
Allergies: _____ **Preferred Hospital:** _____
Medications: _____

Celiac Disease (Sprue) is a disorder of the small intestine characterized by permanent inability to tolerate dietary gluten (a protein found in wheat and other grain products). When a person with celiac disease eats foods containing gluten, an immune reaction occurs in the small intestine, resulting in damage to the surface of the small intestine and an inability to absorb certain nutrients from food. This condition is manifested by diarrhea, malnutrition, and a bleeding tendency. No treatment can cure celiac disease. However, you can effectively manage celiac disease through changing your diet. Treatment consists of a lifelong gluten-free diet, adequate caloric intake, supplemental vitamins and minerals, reduced fat intake and close monitoring for celiac crisis.

Problem: Care must be taken to follow the recommended diet.

Goal: Maintain gluten-free diet.

Action:

1. (_____) must avoid all foods containing wheat, rye, oats and barley. This includes prepackaged foods that may have these products added.
2. (_____) may have classroom treats if they are gluten-free.
 - a. Gluten containing grains are: wheat, rye, barley, malt and oats.
 - b. Substitute gluten free foods such as: rice, corn, and soybean products.
 - c. Avoid foods with additives that may contain gluten. Read labels carefully. If there is any question contact parent before giving.
3. These foods can be given: fruit, vegetables, milk, juice, popcorn, and rice cakes.
4. Avoid these foods: salad dressing, ice cream, breads, cookies, pasta, vinegar, ketchup, candy, hot dogs, cream soups, processed cheese, cocoa and chocolate, or other products made with grains or modified food starch.

Problem: Celiac Crisis

Goal: Early recognition and reporting for celiac crisis.

Action:

1. Symptoms of celiac crisis include:

Severe vomiting and diarrhea Weight loss affect	Immobility Grossly distended abdomen Depressed Marked dehydration.
--	---
2. Although celiac crisis is extremely rare, any of the above symptoms should be reported to the parent and school nurse immediately.

Physician Signature	Date	Parent Signature	Date
School Nurse Signature		Date	