

Medical Management Plan of Care for Lupus
Green River District School Health Program

Student: _____ Date of Birth: _____

Date: _____ School: _____

Physician(s): _____

Lupus (Systemic Lupus Erythematosus) is a type of immune system disorder known as an autoimmune disease. With Lupus, the body's immune system doesn't work as it should. A healthy immune system produces antibodies, which are special proteins that help fight and destroy viruses, bacteria, and other foreign substance that invade the body. In lupus, the immune system produces antibodies against the body's healthy cells and tissues. These antibodies, called autoantibody contribute to the inflammation of various parts of the body. This causes swelling, redness, heat, and pain. In addition some auto antibodies join with substances from the body's own cells or tissues to form molecules called immune complexes which can contribute to inflammation and tissue injury in people with lupus.

Lupus can affect the joints, skin, kidney, heart, lungs, blood vessels and brain. Symptoms may come and go. They include a butterfly rash across the cheeks and nose, joint inflammation and pain, low grade fever, weight loss, fatigue, muscle weakness, loss of appetite, sore throat and involvement of body organs.

Treatments are aimed at controlling the symptoms and prevent flare-ups. This includes adequate nutrition, frequent rest, and anti-inflammatory and pain medications. For more severe cases, the use of steroids are used to minimize inflammation. Lupus has several triggers including sunlight, fatigue, and stress.

Reynard's Syndrome can also occur. This is a condition where blood flow is cut off or decreased to the fingers and toes in the presence of certain triggers. This can lead to damage and even loss of fingers and toes.

Problem: Fatigue, Stiffness and Pain

Goal: Adjust environment to minimize fatigue and promote rest
Adjust school environment to decrease discomfort

1. Number of rest periods needed during the school day _____
2. Allow student to discontinue any activity before becoming tired
3. May require a shorter school day. _____ school will keep open communication with parent and child to adjust/make changes in learning environment.
4. Determine pain scale and administer recommended medication, _____ as prescribed.
5. Allow student to rest, if no improvement contact parent or guardian.

Medications taken at home:

Medications taken at school:

Special considerations _____

CONTACT INFORMATION

Parent/guardian

Name: _____

Address: _____

Telephone: Home: _____ Work: _____ Cell: _____

SIGNATURE:

This health care plan has been reviewed by:

Physician

Date

Parent/guardian

Date

School Nurse

Date