

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

Student: _____ Date of Birth: _____

Date: _____ School: _____

Physician(s) _____

Spina Bifida is a condition in which the neural tube defect fails to close and fuse completely during fetal life, is the most common birth defect affecting the central nervous system. The degree of disability depends on the location of the defect, and if secondary health problems are presents. The most common secondary health problems include hydrocephalus, lack of muscle controls, problems with bowel and bladder control, curvature of the spine, and pressure sores.

Treatment goals are to minimize disability and prevent secondary health problems. Students with spina bifida have complex medical problems. Medications and monitoring for ongoing bladder and kidney function are necessary. Many students with spina bifida have bladder difficulties. Treatment is usually medications and clean intermittent catheterization.

Another common problem associated with spina bifida is hydrocephalus. This can lead to increased pressure in the skull which can lead to brain damage. Treatment for hydrocephalus is the placement of a shunt to drain off the excess spinal fluid. Shunts are prone to problems including: infection of the brain, clogging of the shunt, or malfunction of the valves of the shunt that leads to build up pressure in the brain. Many of these students may also deal with seizure disorders.

Another problem associated with spina bifida is allergic reactions to latex containing devices. Latex is a component of many medical devices, including surgical and examination gloves, catheters, intubation tubes, anesthesia masks and dental dams. It is estimated that 73% of spina bifida children and adolescents are latex sensitive.

Problem: Impaired mobility related to muscle weakness and decreased sensation.

Goal: Independent mobility within a safe environment.

Action:

1. Student may have specialized mobility needs.
 - a. Student is able to be mobile with the assistance of braces or wheelchair.
 - b. School health staff must be trained in the fit of the brace and how it functions.
 - c. If student uses a wheelchair for mobility he/she should shift weight or changes positions every two hours.

Problem: Skin breakdown

Goal: Prevent skin breakdown

Action:

1. If student is in a wheelchair make sure he/she is repositioned every two hours
2. Symptoms of a pressure sore include:
 - a. Red or white patches that won't pink up in a few seconds.
 - b. If red patches are present remove or reposition student to assist in better circulation.
 - d. Notify parent of skin breakdown.
2. Keep area clean and dry.

Problem: Bladder incontinence due to nerve involvement

Goal: Prevent urinary tract infections

Action:

1. Requires clean _____ sterile _____ catheterization as prescribed by his/her physician every _____ hours at school. This is to be done with a non-latex _____ latex _____ catheter.
 - a. This should be done at the following times: _____
 - b. Student is able to catheterize self. Yes _____ No _____
 - c. Parent should provide all supplies
 - d. A private area with running water is required by the school.

Problem: Overweight due to inactivity

Goal: Maintain a healthy diet

Action:

1. Student is on a restricted caloric diet. Yes _____ No _____
2. These foods are not allowed. _____

Problem: Latex allergy or sensitivity

Goal: Identify possible latex sensitive patients

Action:

1. Non-latex gloves will be worn when assisting student with catheterization.
2. Non-latex diapers and catheters must be used.
3. Signs of latex sensitivity are itching rash or possible respiratory problems.
4. Contact parents if any sign of latex allergy are noted.

CONTACT INFORMATION

Parent/guardian

Name: _____

Address: _____

Telephone: Home: _____ Work: _____ Cell: _____

SIGNATURES

This health care plan has been reviewed by:

Physician Date

Parent/guardian Date

School Nurse Date