



Sickle Cell Anemia Action Plan

Student Name: _____ Date of Birth: _____
School: _____ School Year: _____ Grade: _____
Allergies: _____ Teacher: _____
Parent/Guardian (1): _____ Phone: _____
Parent/Guardian (2): _____ Phone: _____
Emergency Contact (1): _____ Phone: _____
Name Relationship
Emergency Contact (2): _____ Phone: _____
Name Relationship
Physician treating Sickle Cell: _____ Phone: _____
Other Physician: _____ Phone: _____

Emergency Plan: (Fill in blanks, cross out and initial any steps not needed for your student) 1. Early Warning Signs of Crisis:

- Joint pain, swelling or warmth in joint
- Fatigue
- Fever (over 101)
- Headache
- Onset of pale color (pale fingernail beds, tissue around eyes)
- Other: _____

2. Steps to take if early warning signs occur:

- Allow to rest
- Encourage fluids
- Contact parent/guardian
- Other: _____

3. Emergency action is necessary when the student has symptoms such as: • Severe generalized pain

- Severe headache
- One sided weakness, slurred speech
- Abnormal behavior
- Difficulty waking up, listless
- Sudden significant cough
- Abdominal swelling, abdominal pain
- Other: _____

4. Steps to take during a Sickle Cell crisis:

- Contact parent/guardian
- Encourage fluids, if alert
- Call 911 and transport to _____ Hospital
- Other: _____

Daily Management Plan:

1. Does your child wear a "Medic Alert" bracelet? YES or NO

Nursing Diagnosis 2:

Deficient knowledge related to cause, treatment, and diagnosis of sickle cell disease

Goals:

The student will assist in preventing/decreasing the number of painful sickle cell events. The student will demonstrate age-appropriate knowledge of diagnosis, symptoms, prescribed interventions, and medication.

Nursing Interventions:

Provide health education opportunities for student and staff related to: - What is sickle cell disease - How is sickle cell transmitted - What are signs and symptoms of sickle cell disease - What can be done to reduce the risk of some of these problems - What to do when symptoms occur Expected

Outcomes:

The student will define what sickle cell disease is (at a developmentally appropriate level). The student will list his/her risk factors. The student will list his/her preventive measures. The student will list his/her warning signs of a sickle cell event. 3/2021