

**ACADEMY DISTRICT 20
CELIAC INDIVIDUAL HEALTH CARE PLAN**

Student's Name: _____ DOB: _____
School: _____ Grade: _____
Parent/Guardian: _____
Home Phone: _____ Dad's Work: _____
Dad's Cell Phone: _____ Mom's Cell Phone: _____
Mom's Work: _____
Emergency Contact: _____ Phone: _____
Physician: _____ Phone: _____

HISTORY: _____ has Celiac Disease, chronic autoimmune disease characterized by intestinal malabsorption of virtually all nutrients and precipitated by eating gluten-containing foods. _____ diet also need to be casein, nut and legume free.

PLAN OF CARE FOR CELIAC DISEASE:

Signs to watch for during school:

1. Stomach ache, stomach cramps
2. Diarrhea
3. Abdominal pain

The Classroom Teacher will:

1. Confer with parent before any food is given in class, i.e. Birthday treats, holiday treats, etc
2. Confer with parent for food substitutes to use in food projects
3. Make sure _____ washes _____ hands thoroughly after handling play-doh or any other substance he/she touches in class that could cause _____ Celiac Disease to flare.
4. Immediately send _____ to the office if _____ has an accidental ingestion.

The health room personnel will:

1. Immediately call mother if _____ arrives in the office.
2. Report any symptoms of abdominal pain, diarrhea, rash or unusual behavior to parent. Parent will determine if medications need to be given.

The Parent will:

1. Be responsible for immediate care of any problems
2. Keep school staff updated with any changes or care needed.
3. Provide medications with proper paperwork completed.

Parent's Signature Date Nurse's Signature Date

Teacher's Signature Date Physician Signature Date

List of foods that contain gluten on back.

Foods made from grains that contain harmful gluten include:

Wheat and any ingredient with wheat in its name (except buckwheat, which is gluten free)

Wheat flour (white, all purpose)

Rye

Barley

Oats (not considered safe due to cross contamination)

Malt and malt flavoring, syrup, and extract (usually made from barley)

Malt vinegar

Kamut

Triticale

Spelt

Durum

Farina

Einkorn

Semolina

Bulgar

Cake flour

Matzo

Matzah

Couscous

Wheat starch

Hydrolyzed vegetable protein

Most soy and teriyaki sauces

Licorice

Nuts (if they are flavored or roasted with a gluten-containing ingredient)

Modified food starch could be modified wheat starch. Most of the modified food starch used in the US is modified cornstarch.

Dextrin (which is rare, could be made from wheat)

Processed cheese may contain gluten

Real cheese coated with wheat to prevent caking

Seasoning and seasoning mixes need to be checked to be sure they are gluten free (plain spices are gluten free)

Flavorings could include gluten in the form of barley or malt. Wheat should be labeled now as an allergen.

Safe foods include foods made from grains that do not contain harmful gluten:

Corn, rice, amaranth, buckwheat (kasha), montina, millet, quinoa, tef, sorghum, and soy.

Plain fruits and vegetables

Plain meat, seafood, and eggs,

Plain nuts, beans, and legumes, and flours made from them

Potato/potato starch

Tapioca

Arrowroot.

Safe foods could be cross-contaminated by gluten in certain settings (i.e. buffet line, toasters, contaminated hands touching safe food...)

****This Health Plan and any Nurse delegation related to this plan are for use during normal operational school hours. After hours: call parent(s) and or 911 for all medical concerns/emergencies.**