504 INFORMATION FOR CYSTIC FIBROSIS

Major Life Activity Affected: Breathing, Concentrating, Learning	
Focus	Accommodation
CYSTIC FIBROSIS	• Student should have continuity and provision of CF management in the school setting. • Students requiring emergency interventions should have an Individual Health Protocol in place. • Unlicensed staff must be trained by a registered nurse in care needs. • Medication shall be provided and maintained by parents in the school setting to be available to the student as needed. • Provision of CF education shall be provided to staff for genera l information first aid and who to call and well as potential impact to academics.
Inhaled medicines	• Emergency Medication Procedure should be embedded in an IHP or Action Plan to include specific step relative to the type of emergency intervention. • Delegated Staff should be trained in the individualized response as applicable. • Rescue inhaler or nebulizer should always be accessible to student, if applicable. • Student's rescue inhaler should go with them on outdoor activities and field trips.
Daily Maintenance	• Student shall be able to carry and self-administer pancreatic enzymes • Student shall be permitted extra snacks or calories as needed • Any medication needed for maintenance in the school setting should be permitted within state medication guidelines. • Student shall have free access to fluids/water throughout the day. • Student shall have open bathroom pass • Allow for schedule accommodations around snacks/meals/bathroom/hydration. • Assistance with airway clearance as needed, including assistive devices.
Infection Control	• Parents shall be notified of increased illness in the classroom. • Non-shared school supplies for decreased risk of infection.

Communication	• The nurse shall communicate the diagnosis, first aid steps and procedures to appropriate staff. • The nurse shall be notified of respiratory complications in the school setting • Parents shall be notified respiratory complications in the school setting. • Parents should communicate to the nurse changes in health status or disease management. • Parents shall authorize the nurse to communicate with the specialist or physician.
Classroom Work	• If student has complications or illness during a test, he or she will be allowed to take the test at another time without any penalty. • Student shall be given instruction without penalty to help him/her make up any classroom instruction missed due to CF care. • Student shall not be penalized for absences required for medical appointments and/or for illness related to his/her CF. • Student shall have assignments modified to show content knowledge with extended illness. • Second set of text books as needed for home or hospital use, for extended illness.
Activity	• Activity restriction and allowances should be as MD prescribes. • Adaption of physical activity may need to be accommodated if physical activity is a trigger respiratory change or if student is unable to perform designated activities. • Rest periods shall be permitted as needed. • Student shall be permitted to participate in all school sponsored activities as managing doctor permits. • Student shall be permitted to participate in all field trips with available trained staff, without requirement of parents to chaperone or attend.

Definitions:

Airway clearance to help loosen and get rid of the thick mucus that can build up in the lungs. Some airway clearance techniques require help from family members, friends or respiratory therapists. Many people with CF use an inflatable vest that vibrates the chest at a high frequency to help loosen and thin mucus.

Cystic Fibrosis: Cystic fibrosis is a progressive, genetic disease that causes persistent lung infections and limits the ability to breathe over time.
In people with CF, a defective gene causes a thick, buildup of mucus in the lungs, pancreas and other organs. In the lungs, the mucus clogs the airways and traps bacteria leading to infections, extensive lung damage and eventually, respiratory failure. In the pancreas, the mucus prevents the release of digestive enzymes that allow the body to break down food and absorb vital nutrients.

Infection control: Control measures placed to reduce the risk of disease transmission.

Inhaled medicines to open the airways or thin the mucus. These are liquid medicines that are made into a mist or aerosol and then inhaled through a nebulizer. These medicines include antibiotics to fight lung infections and therapies to help keep the airways clear.

Pancreatic enzyme supplement capsules to improve the absorption of vital nutrients. These supplements are taken with every meal and most snacks. People with CF also usually take multivitamins. Exercise-induced Asthma: A type of asthma triggered by exercise or physical exertion. Many people with asthma experience some degree of symptoms with exercise. However, there are many people without asthma, including well-conditioned athletes, who develop symptoms only during exercise.

Illness Induced: Also referred to as viral induced, is an onset of asthma symptoms or exacerbation of symptoms of asthma with normally mild viral respiratory infections.

References

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Cystic Fibrosis Research Center. (n.d.). Cystic Fibrosis in the Classroom. Retrieved from http://www.cfri.org/pdf/cfintheclassroom.pdf