

GUIDANCE TO SCHOOL NURSE TEAM

HEALTH REVIEW TO BE CARRIED OUT EVERY 2 YEARS ON SCHOOL-AGED CHILDREN WITH DOWN SYNDROME

School Nurses carry out the health reviews on all school-aged children with Down Syndrome in mainstream schools in Haringey.

Growth:

Children with Down Syndrome need their growth monitored. There are specific charts to use for this group of children. The results will need to be written onto the Proforma (appendix 3) to be returned to lead Doctor/Consultant with care of the child.

If indicated, the lead doctor will refer to a dietitian (on receipt of blood test results). This may be the specialist dietitian at the CDC or one of the primary care team (via GP). General advice on weight management and healthy eating should be given by the School Nurse, if needed.

Hearing Assessment:

The School Nurse will check that the child is continuing to have reviews at Audiology and whether there are any new concerns that may need earlier follow-up.

Vision Assessment:

All children with Down syndrome should be assessed and followed-up by an Ophthalmology team at their local hospital. The Community Paediatrician will have referred at 2 years of age, or earlier, if there are concerns.

Paediatrician and School Nurse to check that vision is being monitored by Ophthalmology at all subsequent reviews.

Blood Tests

The School Nurse will arrange the following blood tests. The blood tests will be returned to lead or named consultant for checking by the lab. The lead Doctor or Consultant will then notify the carer, school nurse and GP of the results and any necessary action.

The tests are:

- Thyroid function tests – T4, TSH, T3, thyroid antibodies
- Full Blood count and ferritin level if child is pale or lethargic.
- Coeliac screen – TGA or HLA-DQ if there are symptoms. These include disordered bowel function (diarrhoea, new onset constipation), failure to thrive, abdominal distension, mood change (unhappiness and misery) or skin rash.