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Haematology Department

**Sickle Cell Crisis Management – Pain in School**

Information for parents and carers

**Introduction**

This leaflet aims to provide you with general information about the signs and symptoms your child may have when they are having a sickle cell crisis. If you are ever worried about your child please contact your Sickle Cell Team or take your child to the Accident and Emergency Department.

**Can my child go to school when they are having a sickle cell crisis?**

If your child is experiencing severe pain it would be advisable not to send them to school. However, if their pain is mild and your child feels they are able to manage it they can go to school. Sometimes the distraction of being in school can take their mind off their pain.

If your child has had a crisis and been off school they may be well enough to return to school even though the pain is not completely better.

**Can my child have pain medicines when they are in school?**

Most schools are happy to give your child pain medicines whilst they are at school. You should discuss this with your child’s teacher and the school Special Educational Needs Co-ordinator (SENCO). They will often ask for written information of what medicine to give, when and how much. The medicine that you take to school will need to have your child’s name on it.

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**Is there anything else I should ask the school to do for my child?**

As well as giving the medications your child's teachers should encourage them to drink plenty of fluids throughout the day. Your child should also be excused from doing PE (unless they specifically want to do it).

Ask teachers to contact you if your child is unable to manage their pain whist they are in school or their pain becomes worse. The school should also contact you if your child becomes unwell.

**My child is having a crisis and can't go to school - I am worried they are missing out on schooling**

You can ask the school for some school work that your child could do at home. If their pain is severe they may not be able to concentrate. However, if the pain is manageable at home, then school work can provide a distraction for your child.

If you feel that your child is missing a lot of school due to painful crisis tell your Sickle Cell Team. They may suggest that your child takes a medication called Hydroxycarbamide to try to reduce the frequency and severity of your child's crisis. If your child is already taking Hydroxycarbamide they may suggest an alternative treatment

**How can my child's school get more information on sickle cell disease?**

Your child's Sickle Cell Nurse will be happy to go to your child's school and explain about sickle cell disease and how to manage it in school. They will also help the School Nurse develop a care plan for your child.

**Further information**

If you have any questions or want any further information please contact your Sickle Cell Team on 0151 252 5070.

***Useful websites***

[www.alderhey.co.uk](http://www.alderhey.co.uk)

[www.sicklecellsociety.co.uk](http://www.sicklecellsociety.co.uk)

Alder Hey Children's NHS Foundation Trust is neither liable for the contents of any external internet site listed, nor does it endorse any commercial product or service mentioned or advised on any of the sites.

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child’s treatment.

This information can be made available in other languages and formats if requested.

Alder Hey Children’s NHS Foundation Trust

****Alder Hey

Eaton Road

****Liverpool

L12 2AP

Tel: 0151 228 4811

[www.alderhey.nhs.uk](http://www.alderhey.nhs.uk)

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