

## Antelope Valley Union High School District

### Individualized School Healthcare Plan – Autonomic Dysreflexia

<b>Student:</b>	<b>DOB:</b>
-----------------	-------------

***School employees with student assignments will recognize the signs of illness and initiate the following health plan.***

**Nursing Diagnosis:**

- **Spinal cord injury at or above the T-6 ( 6<sup>th</sup> thoracic vertebra) level, risk for life threatening, uninhibited sympathetic response to noxious stimulus.**

**Student Health Goals:**

- Signs of dysreflexia are detected promptly and adult is informed.
- Prevent bladder from becoming distended, thus preventing an increase in blood pressure.
- Maintain blood pressure at normal levels.
- Demonstrate knowledge and understanding of dysreflexia and articulate care measures.

Signs of illness	Interventions
<ul style="list-style-type: none"> <li>• Flushed/reddened skin, red splotchy areas of face, neck and shoulders (may include abdomen)</li> <li>• Headache (may become pounding)</li> <li>• Sweating (diaphoresis)</li> <li>• Goosebumps (usually above the level of injury)</li> <li>• Blurry vision</li> <li>• Stuffy nose/nasal congestion</li> <li>• Anxiety/jitters</li> <li>• A feeling of tightness in the chest/heart area, difficulty breathing</li> <li>• Increase in blood pressure 20-40 mm Hg. higher than normal</li> <li>• Decrease in pulse rate (usually &lt; 60 bpm)</li> </ul>	<ul style="list-style-type: none"> <li>• Sit up or raise the head to 90 degrees and remain seated until blood pressure returns to normal.</li> <li>• Loosen/remove anything tight: shoes, leg/chest braces, belt, catheter bag straps, etc.</li> <li>• Take blood pressure reading, continue every 5 minutes until signs indicated the blood pressure is returning to normal.</li> <li>• Check for bladder distension/fecal impaction.</li> <li>• Catheterize student, measure urine content.</li> <li>• Remove fecal mass if present.</li> <li>• Check student for cold drafts/temperature changes or anything creating pressure on the student's skin that may act as a noxious stimulus.</li> </ul>

**Call 9-1-1 when:**

- Unable to drain urine from the bladder.
- The student's blood pressure remains elevated/does not decrease after the catheterization procedure.
- Student stops breathing/becomes unconscious.

Schedule	Care Required	Location for Care	Care Given by	Training date
As needed	Emergency Care	Student location	All adults with current CPR and first aid	Variable

**Date / Copy of ISHP Given**

Date: Student Student's Parents	Date: Health Office Technician Nurse	Date: Teachers
---------------------------------------	--	-------------------

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

District Nurse Signature \_\_\_\_\_

Date \_\_\_\_\_