

# LUPUS HEALTH CHECKLIST FOR SCHOOL

The following is important information about lupus, and how it affects my child at school.

Page 1

## MY CHILD'S INFORMATION:

## WHAT LUPUS IS:

- Lupus is a chronic disease in which the body's immune system attacks healthy tissue.
- Lupus can cause inflammation, pain, and organ damage anywhere in the body, so it is important for the disease to be managed carefully.
- There is no cure for lupus, but it can be managed with medication.
- People with lupus feel better some days than others. "Flares" are times when lupus is more active and my son/daughter may experience more symptoms.
- Lupus is not contagious.

## SYMPTOMS:

- When my child's lupus isn't active, he/she may still have symptoms.

**These symptoms may include:**

- During a flare, my child's symptoms may be more severe.

**At these times, the symptoms may include:**

- Certain triggers can contribute to a flare.

**My child's triggers include:**



---

## SYMPTOMS CONTINUED:

- Avoiding the above triggers can lessen the risk of my child having a flare and thus missing class or days of school.
- It's possible that my child may feel sick even if he/she doesn't look sick.
- **My son/daughter has experienced the following medical emergencies:**

---

## MEDICATIONS:

- **My child takes the following medications:**
  
  
  
  
  
  
  
  
  
  
- I will provide the school nurse with information from my child's doctor, including a list of medications and any possible side effects. The school nurse may need to administer medications to my child during the day.
- It is important for my child to adhere to the medication routine the doctor prescribes.

---

## HOW LUPUS AFFECTS MY CHILD'S MENTAL, EMOTIONAL, AND SOCIAL WELL-BEING:

- Children with lupus are at higher risk of developing depression. My child should meet with the school counselor or therapist regularly to discuss his/her feelings.
- My child has had a history of mental illness:
- **Details of his/her history of mental illness (if applicable):**



## A PLAN FOR MEETING MY CHILD'S NEEDS:

- Roles for each team member in meeting my child's medical, emotional, and social needs at school:
- **Medical needs:**
- **Emotional needs:**
- **Social needs:**
- Is it possible for my child's teacher, the school principal, or another staff member to conduct regular wellness checkups? These could just be brief chats with my child every morning to see how he/she is feeling and help build a trusting relationship with him/her.  
Wellness checkups to be conducted by:
- I'd like to be kept informed by school if my child has the following health, behavioral, or emotional problems at school:
- I'd like to set up regular meetings or phone calls with the following staff members at the following times:
- Please inform me at the following number(s) of any changes in my child's health:

