

CHAMBERSBURG AREA SCHOOL DISTRICT
SCHOOL HEALTH SERVICES
CELIAC DISEASE: INDIVIDUALIZED CARE PLAN

Student's name _____ Grade _____ Date ____/____/____

Parent/Guardian _____ Home Phone _____

CONTACT INFORMATION:

Mother's Phones _____ E-mail address _____

Father's Phones _____ E-mail address _____

Physician's Phone _____

DEFINITION: Celiac disease or "gluten intolerance" is an autoimmune disease caused by the body's inability to digest gluten. Gluten is the protein found in WHEAT, RYE, BARLEY, SPELT AND MOST OATS.

TREATMENT: The only treatment is STRICT ADHERENCE to a GLUTEN FREE DIET.

Most people with Celiac Disease may eat any plain fruits, vegetables, nuts, dairy products and meats that are not prepared with gluten containing ingredients.

AVOID CROSS-CONTAMINATION: A critical part of managing Celiac Disease is to assure foods and surfaces remain gluten free during food preparation and serving, and during classroom projects.

CAFETERIA: Wash eating surface and chairs prior to meals to free it of gluten particles between lunch groups in the cafeteria. Provide adequate eating space to avoid cross-contamination from others. Supervise other children who may cross contaminate the eating area or utensils during the meal.

CLASSROOM: Avoid ingestion of art supplies- paints, play dough, & licking stamps and envelopes that may contain gluten. Use gluten free paints and play dough, and include children at the same table.

ACCIDENTAL EXPOSURE: Currently there is no medicine or remedy for accidentally ingesting Gluten. NOTIFY PARENT IMMEDIATELY IF CHILD CONSUMES GLUTEN.

Unlike a food allergy, exposure to gluten for a person with Celiac Disease may or may not have visible or outward symptoms. The degree of reaction can vary with the amount consumed. It can take days for the healing to occur in the intestines and symptoms to resolve in the intestines from even a small, accidental gluten exposure. Please note: Whether or not there are visible symptoms when gluten is ingested, intermittent exposure to gluten can cause inflammation and damage to the intestines – which can lead to malnutrition and osteoporosis and can predispose the person to certain types of cancers. Thus, the school's cooperation and efforts are important in managing Celiac Disease. Please contact the student's parents if there are any foods or items in question since gluten is hidden in many foods and art supplies.

OVER

CELIAC DISEASE: INDIVIDUALIZED CARE PLAN (Page 2)

Student's name _____ Grade _____ Date ____ / ____ / ____

**** The student with Celiac Disease must wash his/her hand prior to eating.**

1. Is it necessary to wash tables after art projects or eating in the classroom to reduce amount of gluten in classroom? _____
2. Is it necessary for all children to wash hands after art projects? _____
3. Will your child eat only foods sent in by his/her parents? Circle: Yes or No
4. Briefly describe the child's symptoms and cause related to accidental ingestion of gluten:

Circle all that apply: Diarrhea, Vomiting, Constipation, Abdominal cramps, Nausea, Flatulence (passing gas), Loss of appetite, Irritability, Behavioral changes, or Seizures

5. Does your child have other food intolerances or allergies? _____

6. Does your child require a special lunch table and/or the lunch table to be wiped down with anything special? Please describe: _____

7. Does your child take any medications? _____
8. Are there any other procedures that should take place in case of an accidental exposure?

9. Please describe any other significant medical history of child: _____

Parent/Guardian Signature: _____ Date: _____

OVER