EMERGENCY INJECTION KITS
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Stephanie Ward is one of the clinical endocrine nurse specialists at Great Ormond Street Hospital. She spoke at the conference about the necessity of having an emergency injection kit, the suggested contents provided by GOSH is as follows:

- Ampoules of Efcorsetol
- Syringes and needles
- Tube of Hypostop gel
- Sterile cotton wool ball
- Injection instructions
- Contact details (therapy/steroid card)

Efcorsetol is a premixed solution of hydrocortisone for injection and comes in 100mgs/ml vials. It is therefore the most convenient form of hydrocortisone available for injection. Other preparations such as Solu-cortef are just as effective, although these have to be mixed with liquid torin.

Hypostop gel is not issued by all centres but if a child has symptoms of hypoglycaemia (low blood sugar); for instance they are pale, clammy, drowsy, confused, glazed and not responding as they would normally, you should give them the intramuscular injection of hydrocortisone and call an ambulance to take the child to hospital immediately. While you are waiting for the ambulance, you should give the child Hypostop (which is a sugary gel). You give this by squirting the gel in the child’s mouth between the gums and the inside of the cheek and then rub the cheek gently to help the gel become absorbed. An unresponsive child should never be given anything to eat or drink. Please Note: Hypostop gel should be given with the cortisone injection not instead of – the injection is vital in an emergency.

Injections are normally taught to parents by endocrine/growth nurse specialists when the injection kit is provided. Do not be afraid to ask for a refresher demonstration if you do not feel confident about injecting or need reminding of the procedure. GOSH also provide a leaflet giving simple instructions, which they suggest you keep with the kit to remind you what to do should an emergency occur. The following instructions are also available from their website: www.ich.ucl.ac.uk/factsheets/families/F010037/injection.html
How to give an emergency injection of Ef cortesol®

**Equipment**

- Open the vial
- Attach needle & syringe
- Dr

- Remove air
- Dose
  - 0-1yrs
  - 1-5yrs
  - 5+yrs
  - 25mgs
  - 50mgs
  - 100mgs
- Find site
- Give medication

If an injection is required, a child should be hospitalised. Although they may seem to come round quite quickly from the injection and seem a lot better, once the injection wears off they could go downhill fast, so we recommend they are admitted for a minimum of 12 hours.

**A Steroid/CAH Therapy card** (available from the support group) should be carried so if the child is admitted to a hospital where they/the condition is not well known, details are available.

**Medical Emblems**

It is also important that someone with a condition like CAH wears a medical emblem (i.e. bracelet, necklace). These are available from some jewellers but also from companies such as Medic-alert and Medi-tag (leaflets usually available in hospitals or can be obtained from the CAH support group).

**Schools**

At GOSH they recommend that an emergency injection kit is also held by the school of a child with CAH. Some schools have teachers who are prepared to inject should an emergency occur but others will not take that responsibility. As long as they are prepared to hold the kit and call an ambulance should a child be seriously ill – this can then be handed over to the paramedics.