

## Post Liver Transplant Medical and Care Information for Schools

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Childs Name:

Parent/Carer Contact Details:

Name	Contact Number	Relationship to Child

### Medication and Infection

- As a result of their liver transplant \_\_\_\_\_ is on medication to supress their immune system and prevent rejection. They take this medication morning and night.
- The medication makes them more susceptible to bacterial and viral infection than other people.
- They need to wash their hands frequently, either with soap and water or antibacterial gel.
- All cuts or grazes need to be cleaned with antiseptic solution and covered to prevent infection.
- They MUST NOT share food or drinks with other people.

### Food Restrictions

- \_\_\_\_\_ must not eat grapefruit (either whole or juiced), or cholesterol reducing margarine (such as ProActiv) as both interfere with their body's ability to absorb their medication.
- They must not eat any foods which present a risk of listeria: mould cheeses, shellfish, oysters, premade deli salads, deli meat or food that needs refrigerating which has been left to sit at room temperature before consumption.

### Sun Protection

- \_\_\_\_\_ medication makes them particularly vulnerable to the effects of sun exposure. They should only play in the sun for limited periods and need to have sunscreen applied to exposed skin before each period of outside play. They should play in the shade for a large proportion of outside time.

### Games and Sports

- \_\_\_\_\_ can participate in most physical activities at school.
- Swimming must be a in clean pool only.
- Some contact sports will need to be reviewed and discussed with parents.
- Sports where direct body blows occur, such as boxing and martial arts, are absolutely prohibited.

## General Medical

- Following transplant, regular clinic check-ups are required as well as a series of annual tests.
- \_\_\_\_\_ will need to attend clinic at least 4 times a year and may miss a day of school on those days.
- Unexpected problems may also arise, which may necessitate more frequent visits or admissions to hospital.

## Infectious Diseases

- \_\_\_\_\_ cannot receive live vaccines so is vulnerable to chicken pox and measles.
- Please inform parents if any child in the school contracts chicken pox, measles or any other contagious infectious disease as exposure to these might result in a severe infection and hospitalisation.
- \_\_\_\_\_ may need to stay away from school until the outbreak has ceased.

## Sudden Illness/Emergency

- Any signs of fever need to be treated as an emergency. If \_\_\_\_\_ develops a temperature of more than 38c a parent/carer needs to be contacted immediately.
- In the event that no-one can be contacted they need to be taken to Accident and Emergency at \_\_\_\_\_
- Diarrhoea needs prompt attention, so if they report it a parent/carer needs to be contacted immediately.
- If they report any abdominal pain, a parent/carer needs to be contacted immediately.

## Medical Practitioners

	Name	Contact Number
GP:		
Paediatrician:		
Liver Specialist:		

For any further specific information about this child, please contact their parents/carers.

For more general information about childhood liver diseases and liver transplant, visit [www.liverkids.org.au](http://www.liverkids.org.au)