

Center for Cancer and Blood Disorders  
8081 Innovation Park Drive  
Building B, Suite 765  
Fairfax, VA 22031

**Student:**  
**Date of Birth:**  
**School year:**  
**Grade:**  
**School:**

### Sickle Cell Disease Information for School

This student is a patient of Pediatric Specialists of Virginia at the Center for Cancer and Blood Disorders Sickle Cell Program. He/she is treated for **Sickle Cell Disease (SCD)**. SCD is a genetic blood disorder that requires lifelong treatment by a hematologist and a heightened level of personal care and awareness at home and school, as well as in the community. Given proper medical care and management, the school performance of this and other students with SCD is expected to be similar to that of their classmates.

Daily medication has greatly reduced the frequency and severity of sickle cell complications, however, students with SCD can still experience sudden episodes of acute pain (pain crisis). These episodes can be triggered by any of the following: fever, infection, dehydration, over-exertion, extreme temperatures either hot or cold, and physical/emotional stress.

As the school setting makes up a major part of this student's life in her/his community, it is highly important that you, and other adults in this student's school setting:

- be aware of this student's medical condition
- anticipate that he/she could have serious pain
- listen to, believe, and act upon her/his statement of pain or other health related needs
- call parents immediately for fever (101 ° F or higher)
- be prepared to observe and provide the needed support to this student for his/her immediate and continued health and safety

All classroom teachers, physical education teachers, health aides, and supervisory school staff, please note that this student:

1. May have more frequent absences for routine and acute care.
2. May need extra time and support for absences (and "catch up" assistance).
3. Needs to freely visit the health clinic (particularly when he/she has pain, appears pale, has breathing issues, or requires medication) **Call parent immediately for a fever 101 ° F or higher!**
4. Needs to carry and use a water bottle to stay hydrated
5. May request, and will likely need, more frequent restroom breaks
6. May request, and will likely need, rest and water breaks every 15 minutes during physical education and other physical activities.

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7. No restrictions to participate in athletics or sports teams. May be excused from high endurance physical activity as they may have less stamina.
8. Avoid strenuous physical exercise when outside temperatures are below 40° F and above 90° F
9. If injured, ***ice should NOT be applied to injury*** as cold temperatures can trigger a crisis.

Sickle Cell Disease Type (Circle): SS SC Sbetazero Sbetaplus Other

I give permission for school personnel to contact Pediatric Specialists of Virginia Sickle Cell Team for any questions or concerns regarding my child's Sickle Cell Disease.

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

If there are any questions or concerns regarding this patient, please do not hesitate to reach out. Please call the main clinic line at 571-472-1717 and ask for a member of the sickle cell team.

Thank you for your cooperation in the care of our patient!

Pediatric Sickle Cell Program of Northern Virginia

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