



## How to write an individual Health Care Plan (IHP)

This information sheet will explain how to write an individual health care plan (IHP); provide a template of a plan you can adjust to your own circumstances; and provide contact details for further guidance.

### What is an individual health care plan (IHP)?

- Each child with congenital heart disease is unique and therefore the way that they are supported within a school environment will aim to fully reflect this.
- An individual health care plan or IHP is a comprehensive document that is written by the child's parents and carers together with input from the child's health professionals and their school;
- An IHP highlights areas of the child's health that require attention and action whilst being part of the school environment.

### Why it's important for parents/carers and the school to work together

- Communication is key. The child's parents/carers and the school, should aim to ensure that the child's congenital heart disease (CHD) is supported fully by communicating clearly about the child's current and future CHD support and how this impacts and evolves with the child's IHP.
- This will offer a child a strong opportunity to develop their educational skills within an environment that effectively supports their long term health condition.



*'Children are not the people of tomorrow, but are people of today.'*

Janusz Korczak

### Words matter

- Parents, teachers, school nurses and school mentors such as sports teachers, all have a role to play in making sure that they are fully aware of a child's IHP: to read it thoroughly; be aware of the child's health warning signs; and to act immediately whenever necessary.
- Simple but vital matters such as noting on the IHP if the child has a particular word or phrase that they use to describe their symptoms, will be essential to document and act upon.

### Individual Health Care Plan (IHP): The strongest link between home and school

- A heart condition will often have some impact on a student's performance at school, both in and out of the classroom.
- Teachers and school personnel should be aware of any restrictions on physical activity a student has because of a heart condition.
- They should also understand that heart surgery will be disruptive to the student's school work and may also have other physical and behavioural effects.
- By co-ordinating with the student's parents and staff at the child's cardiac clinic, the child's parents and the school can help children with heart conditions succeed.

# Individual Health Care Plan Template for a Child with Congenital Heart Disease

Name of child ..... Preferred Name .....

Date of Birth.....**PHOTO**

## Medications

Medications review date:

.....



Pacemaker ID card: .....

Anticoagulation record: .....

Medic Alert details: .....

Allergies: .....

## Contact Details

### Parent/carer 1

Name  
Mobile  
Tel Home / Work

### Parent/carer 2

Name  
Mobile  
Tel Home / Work

### School Nurse

Name  
Mobile

### Class teacher

Name  
Mobile

## Emergency contact numbers

### Name

### Mobile

First Responder - class during school time:

First Responder - school during lunch time:

First Responder - school events off-site:

## Information about your child's congenital heart disease (CHD)

- The term used for your child's CHD diagnosis:
- How this affects them on a daily basis:
- Describe any special words that your child uses when they start feeling unwell with their CHD:
- List which events during a school day will provide a challenge for your child:
- What signs the teacher should look out for:
- What health behaviour is 'normal' on a daily basis:

# Action plan for caring for your child at school

Symptom

Action

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**What symptoms could lead to an emergency:                      What URGENT actions are required**

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**

**This Individual Health Care Plan has been given to the following: (please circle)**

- Parents
- Carers
- Class Teacher
- School Nurse
- First Responder - Class
- First Responder - Lunchtime
- First Responder - off-site events
- Special Education Needs (SEN) contact
- School Office
- School Staff Room

**This IHP for ..... needs to be updated on: .....**

**Important additional comments:**

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## Safe in School

The Health Conditions in Schools Alliance of which the Children's Heart Federation (CHF) is a member, has produced a generic template of an Individual Healthcare Plan (IHP) which may be useful to parents when writing their own child's IHP.

Please see the sources of information section at the end of this information sheet.



## Support for you and your heart child

Try to take good care of your own physical and emotional health. You may find it useful to consider the following:

- Learn all you can about your child's CHD
- Ask questions from your child's doctor
- Join a support group
- Get financial help if needed.

Expenses can quickly multiply if your child's heart defect requires several hospital stays.

You may qualify for help so it may be helpful to talk with your doctor in the first instance, about a referral to a social worker.

### About this document:

Published: May 2019

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Due for review: May 2023

### Evidence and sources of information for this CHF information sheet can be obtained at:

- (1) CHD information for teachers. Sick Kids. 2019. Available at: <https://www.aboutkidshealth.ca/Article?contentid=650&language=English>
- (2) Health Conditions in Schools Alliance: IHP. London 2019. Available at: <http://medicalconditionsatschool.org.uk/documents/Individual-Healthcare-plan-Part%201.pdf>

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