Haematology Service

Hereditary Spherocytosis (HS)
school medical action plan

Student details

Student name	Date of birth	Year level
		Childcare

Medical diagnosis	Teacher
Hereditary Spherocytosis (HS)	

Parent name	Treating hospital	Action plan date
	Queensland Children's Hospital	

Emergency contact

Parents / guardians should always be contacted in the first instance regarding any health concerns.

1. Parent / guardian
2. Ambulance **000**
3. QCH switchboard **3068 1111 (Haematologist on call)**

About Hereditary Spherocytosis (HS)

HS is a common blood cell disorder where there is an increased breakdown in red blood cells causing anaemia (less than normal amounts of red blood cells).

There are three common problems associated with HS:

- Anaemia (when red cells break down more quickly)
- Jaundice (when red cells break down, they release a waste product called bilirubin which appears as a yellow pigment to the skin or eyes)
- Increase in the size of the spleen (when red cells break down in the spleen and block the filter system)

Young children with HS are at an increased risk of infection due a poor functioning spleen (hyposplenism) or some may have had their spleen removed completely (asplenia).

Contact a parent if any of the following symptoms present:

- Fever (temperature ›38 degrees)
- Tiredness or weakness (fatigue)
- Pale or yellow tinge to the skin or the whites of the eyes
- Abdominal pain (can be an indication of gall stones)

If you require any further information, please contact the Haematology Team on **0457 719 233.**