Date:

To Whom It May Concern:

This letter is to provide medical information for \_\_[patient]\_\_\_\_\_\_\_\_who is followed by the Gastroenterology Clinic at Children’s Mercy Hospital for their Inflammatory Bowel Disease, \_\_\_[type]\_\_\_\_\_\_\_\_\_\_.

Crohn’s Disease, ulcerative colitis, ulcerative proctitis, and indeterminate colitis are forms of Inflammatory Bowel Disease (IBD). This is a lifelong condition causing inflammation in the gastrointestinal tract. It can cause diarrhea, intense urgency to have a bowel movement, vomiting, abdominal pain, weight loss, and blood in the stools. It can also be associated with arthritis, rashes, fever, and bleeding problems. IBD can be treated with medications but may have periods where symptoms flare. Although its cause is unknown, IBD involves the immune system and causes inflammation and ulceration of the lining of the intestines. The emotional and physical pieces are interrelated in complex ways and patients can experience flare-ups during times of emotional tension and stress. The stress in and of itself does not cause the disease. However, the symptoms of the disease, such as pain and fatigue, can negatively impact attention, concentration, and focus.

We would appreciate your assistance in dealing with this disease. IBD can be a traumatic experience for some kids and adolescents. Please be mindful that even though the student may be functioning appropriately in school, he/she is dealing with various demands of this disease daily. Specific recommendations that would be helpful are as follows:

*Medical follow-up*

* Please realize that patients with IBD may miss school at times due to symptoms, hospitalizations, appointments, or other medical testing. We ask that teachers show leniency during these times, and work with students to get missed assignments, projects, or testing made up, as tolerated.
* Please do not penalize the student with IBD in regard to tardiness or absences required for medical appointments and/or illness.

*Restroom*

* Please issue a year-long bathroom pass. Patients with IBD may experience abdominal cramps and an urgent need to have a bowel movement. Delays or special permission could increase pain or cause an embarrassing accident.
* Please allow the student to have a seat close to the door to allow for easy bathroom access to prevent disruption and/or embarrassment.

*Activity*

* We encourage patients to be as physically active as possible, allowing for more frequent rest periods or other modifications when necessary.
* The student will be permitted to participate in all field trips and extracurricular activities without restriction and with all accommodations and modifications set forth in this plan. When outside of the school building, the supervising school personnel will identify for the student the location of bathroom facilities. A parent or legal guardian or someone designated by the parent or legal guardian may drive the student to the field trip or extracurricular activity location if it takes more than a half-hour to arrive at the location so that the student can stop for bathroom breaks.
* The student should be permitted to self-monitor his/her energy level, joint pain, stomach pain, and fatigue during class to determine if he/she feels capable of participating in any given physical situation. This accommodation shall be provided without penalty.

*Testing*

* Please implement time-out testing for any testing/exams. Any timed test should have stop-clock testing due to the potential of stool urgency. Patients/students should not be penalized for their testing time due to this chronic medical condition that is out of their control.

*Nutrition*

* Please allow water bottles or midmorning snacks – these may be needed depending on nutritional needs.

*Other*

* While we know that stress does not cause IBD, we recognize that stress can make symptoms worse. Please encourage teachers to provide patience, support, and encouragement.
* Patients may be required to take medications at school. If necessary, please facilitate this in as timely manner as possible to minimize the disruption of schoolwork.
* The school staff shall notify the student or his/her parent(s) or legal guardian of an outbreak of chicken pox or other infectious disease as to which the student is at a greater risk due either to IBD or immune-suppressant medication.
* Please allow the student to leave a set of spare clothing at the nurse’s office if needed.

Thank you for assisting us in caring for our patient. Please contact one of our IBD Nurse Coordinators at 816-760-8834 if you have any further questions.

Sincerely,

Children’s Mercy Inflammatory Bowel Disease Team