

# HEALTH CARE PLAN – CELIAC DISEASE / GLUTEN INTOLERANCE

STUDENT’S

NAME: \_\_\_\_\_ DOB \_\_\_\_\_

My child has Celiac Disease/ Gluten Intolerance? YES \_\_\_\_\_ NO \_\_\_\_\_

**DEFINITION:** Celiac Disease (also called “Gluten Intolerance”) is an autoimmune disease caused by the body’s inability to digest gluten. Gluten is the protein found in WHEAT, RYE, BARLEY, SPELT & most OATS. Even small amounts of gluten act like a TOXIN to a person with Celiac Disease, triggering the body to attack itself in the small intestines. There are fingerlike projections called “villi” which line the small intestines. Normally the villi are responsible for absorbing all nutrients. When the villi become exposed to gluten, they become damaged or blunted-off, which leaves the person without the ability to absorb ANY nutrients!!! This is typically diagnosed from blood tests and a biopsy of the small intestines, which shows damage to the villi.

**TREATMENT:** THE ONLY TREATMENT IS STRICT ADHERENCE TO A GLUTEN-FREE DIET.

**GLUTEN-FREE FOODS:** The main starchy foods that a person with Celiac Disease can eat are made with Rice, Corn, Potatoes, Quinoa and Tapioca. Other starches that can be used are Soy, Buckwheat, Bean flours and Amaranth. Most “Celiacs” may eat any fruits, vegetables, nuts, dairy products and meats that are not prepared with gluten containing ingredients. McCann’s Irish Oatmeal is considered safe for Celiacs to eat. (The protein in oats does not have gluten if the oats are not contaminated. However, in this country, because oats are harvested, shipped, stored and processed in manners that do not prevent cross-contamination, thus they are not typically safe for a person with Celiac Disease.)

**\*PARENT: PLEASE INDICATE IF YOUR CHILD HAS ANY FOOD ALLERGIES OR OTHER FOOD INTOLERANCES:** NO \_\_\_\_\_ YES \_\_\_\_\_  
 If “YES” please complete “Allergy” form with necessary treatment.  
 ..... (Please cross off any foods listed above which your child cannot eat.)

**AVOID CROSS-CONTAMINATION** – A critical part in managing Celiac Disease during food preparation and serving of foods is that things remain Gluten Free (GF).

*Please develop these habits:*

Have the person with Celiac Disease <b>wash their hands prior to eating.</b>	<b>Wash eating surface and chairs</b> prior to meals to free of gluten particles or crumbs.	Provide person w/ Celiac disease <b>adequate eating space</b> to avoid cross-contamination from others.
Use fresh serving utensils or <b>fresh gloves to serve the gluten free foods 1st</b> , then serve the non-GF foods.	Avoid touching plate with utensils while serving food.	<b>Supervise other children who may cross-contaminate</b> the eating area or utensils during the meal.
Avoiding ingestion of art supplies - paints, play-dough & licking stamps & envelopes that may contain gluten.	<b>Use gluten-free paints and play-dough</b> if possible – including other children at the same table.	<b>Wash hands and table after art projects and eating to keep room clean</b> – children may need assistance to wash.
<b>Keep separate containers</b> designated as GF for butter/peanut butter/jelly/cream cheese & frosting.	Use a separate cutting board/ <b>work surface for food preparation.</b> Have a designated GF toaster too.	Use separate pan, water and utensils for cooking – example: GF noodles

**Unlike a food allergy, exposure to gluten may or may not have visible or outward symptoms. \_\_\_\_\_ may have the following symptoms in response to accidentally eating gluten.**

**PLEASE INDICATE KNOWN SYMPTOMS YOUR CHILD HAS HAD TO GLUTEN EXPOSURE:**

Diarrhea	
Vomiting	
Constipation	
Tummy pain, abdominal cramps, passing gas	
Loss of appetite, nausea	
Irritability or other Behavior changes	
Weight loss, not gaining weight	
Protruding abdomen, muscles wasting away	
Hair loss, lack of hair growth	
Teeth staining or being prone to cavities	
Short stature, not growing in height	
Seizures	
Other	
Other related autoimmune diseases – like Insulin-Dependent Diabetes, Thyroid Disease, Arthritis, Eczema, Asthma	

**ACCIDENTAL EXPOSURE: There is no medicine or remedy for accidentally ingesting Gluten. It can take days for the healing to occur in the intestines even from small, accidental gluten exposure. \*\*\***

Whether or not there are visible symptoms, intermittent exposure to gluten can damage the intestines, which can lead to malnutrition and predispose the person to osteoporosis and certain types of cancers. Thus, your cooperation and efforts are important in managing Celiac Disease.

**\*\*\* Please notify parent in writing or by phone call if there is a known Gluten exposure or if has any of the above symptoms.**

**\*\*\* Please call parent or primary caregiver if there are any foods in question, since gluten is hidden in many foods and medications.**

Mother: \_\_\_\_\_  
Phone: \_\_\_\_\_

Father: \_\_\_\_\_  
Phone: \_\_\_\_\_

Other Emergency contact: \_\_\_\_\_  
Phone: \_\_\_\_\_

**Parent signature \_\_\_\_\_ date \_\_\_\_\_**

**Physician's signature \_\_\_\_\_ date \_\_\_\_\_**