

## Patient Guide to the New NHS Steroid Emergency Card

### Why have I been given this card?

- ✓ You have been given the NHS Steroid Emergency Card because you have had an oral steroid in the last 12 months.
- ✓ Corticosteroids are effective medicines used in the treatment of many conditions and work by reducing inflammation. Taking corticosteroids may reduce your body's ability to produce its own corticosteroids when under stress, such as in severe illness or undergoing surgery, or to fight off some infections.
- ✓ It is important that any healthcare professional who treats you knows you have taken regular short courses of this medicine.
- ✓ If you become unwell, have a fever, are involved in an accident, or require surgery, **you may need a to be restarted on corticosteroid treatment**
  - **In case of an emergency, if you are seriously unwell seek urgent medical help**

### What do I need to do?

- ✓ You must complete the card with your own details.
- ✓ If you would like a hard copy of this card, please contact your local pharmacy or dispensary.
- ✓ Always carry this card with you for 12 months after stopping corticosteroid treatment.
- ✓ Keep it safe in your purse or wallet.
- ✓ Have it ready to show any healthcare professional you see.
- ✓ Please let your family know that you carry an NHS Steroid Emergency Card.
- ✓ Ask them to remind you to show your card at every chance when getting treatment. This is very important if you need emergency treatment; they can tell the emergency services for you.

### Do I still need to keep the old blue steroid treatment card too?

- ✓ Yes, you will need to keep both however, this new NHS Steroid Emergency Card is very important.
- ✓ Also, still wear your medic alert bracelet or necklace and keep any other emergency cards you may have.

### I have lost my new card, where can I get another one from?

- ✓ New/ replacement NHS Steroid Emergency Cards can be obtained from your GP practice, community pharmacy or hospital.
- ✓ You can have more than one card if you would like to store them in different places. Please make sure the details on both cards are the same.
- ✓ You can also screenshot the NHS Steroid Emergency Card and save your card or have it as screen-saver on your smart phone.
- ✓ See further advice on how to do this at:

<https://www.addisonsdisease.org.uk/news/new-nhs-steroid-card-released>

If you would like to discuss anything related to this information, please contact your practice's pharmacy team.



----- Please cut out this card and carry it with you at all times -----

<p><b>Steroid Emergency Card (Adult)</b> </p> <p><b>IMPORTANT MEDICAL INFORMATION FOR HEALTHCARE STAFF</b> <b>THIS PATIENT IS PHYSICALLY DEPENDENT ON DAILY STEROID THERAPY</b> as a critical medicine. It must be given/taken as prescribed and never omitted or discontinued. Missed doses, illness or surgery can cause adrenal crisis requiring emergency treatment.</p> <p>Patients not on daily steroid therapy or with a history of steroid usage may also require emergency treatment.</p> <p>Name .....</p> <p>Date of Birth ..... NHS Number .....</p> <p>Why steroid prescribed .....</p> <p>Emergency Contact .....</p>	<p>When calling 999 or 111, emphasise this is a likely adrenal insufficiency/Addison's/Addisonian crisis or emergency <b>AND</b> describe symptoms (vomiting, diarrhoea, dehydration, injury/shock).</p> <p><b>Emergency treatment of adrenal crisis</b></p> <ol style="list-style-type: none"><li>1) <b>Immediate</b> 100mg Hydrocortisone i.v. or i.m. injection. Followed by 24 hr continuous i.v. infusion of 200mg Hydrocortisone in Glucose 5% <b>OR</b> 50mg Hydrocortisone i.v. or i.m. qds (100mg if severely obese).</li><li>2) Rapid rehydration with Sodium Chloride 0.9%.</li><li>3) Liaise with endocrinology team.</li></ol> <p> Scan here for further information or search <a href="https://www.endocrinology.org/adrenal-crisis">https://www.endocrinology.org/adrenal-crisis</a></p>
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