



# Diocese of Columbus

## Form 17: Medical Plan - Celiac Disease

Student: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Grade: \_\_\_\_\_ School Year: \_\_\_\_\_

Current School: \_\_\_\_\_

School Administrator: \_\_\_\_\_

Primary Classroom Teacher(s): \_\_\_\_\_

School Nurse: \_\_\_\_\_

### Emergency Contact

Parent/Guardian (1): \_\_\_\_\_

Cell/work/home Phone: (    )    - \_\_\_\_\_

Cell/work/home Phone: (    )    - \_\_\_\_\_

Parent/Guardian (2): \_\_\_\_\_

Cell/work/home Phone: (    )    - \_\_\_\_\_

Cell/work/home Phone: (    )    - \_\_\_\_\_

Healthcare Provider: \_\_\_\_\_

Phone: (    )    - \_\_\_\_\_

### I. Background Information

Celiac Disease is a hereditary autoimmune disease that causes damage to the intestinal lining (villi), interfering with the absorption of nutrients from food. Celiac Disease is triggered by consumption of the protein called gluten, which is found in wheat, rye, barley, and contaminated oats. Untreated, Celiac Disease causes multi-system complications such as diarrhea, constipation, gas, bloating, iron deficiency anemia, decreased bone density, failure to thrive, short stature, and behavior problems.

The only treatment of Celiac Disease is a strict gluten-free diet for life. Therefore, all foods with wheat, rye, barley, and oats must be eliminated from the diet. In addition to the foods being gluten-free, it is important that these foods are not contaminated by coming in contact with gluten containing foods during their preparation or service.



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## Form 17: Medical Plan - Celiac Disease (continued)

### II. Overview of Student Condition

#### Medical History:

- Year of Diagnosis: \_\_\_\_\_
- Amount of time on a gluten-free diet: \_\_\_\_\_

#### Determination of disability:

- Letter from healthcare provider indicating medical disability (Form 15) on file.

#### Ability of student in managing their disease/diet:

- The student is able to visually recognize the allergen in all its hidden forms or as part of another food (starch, malt, Play-Doh, Cheerios/Fruit Loops, stamp adhesive, etc.)  
 YES     NO
- The student is able to read labels for gluten  
 YES     NO
- The student is able to verbally communicate body discomfort associated with a gluten reaction  
 YES     NO
- The student knows to wash his/her hands well with an approved soap and warm water before eating  
 YES     NO
- The student needs access to a gluten free table  
 YES     NO
- The student knows to eat only food brought from home (if arranged)  
 YES     NO
- The student knows not to trade food with classmates and/or adults.  
 YES     NO
- The student understands how a safe food may become contaminated with gluten.  
 YES     NO



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### III. Objectives of the Medical Plan

1. Informing all school personnel involved in the care/education of the student about Celiac Disease and its management.
2. Assisting the student to maintain a stable physiological state void of gluten reactions through preventative measures, by following the Medical Plan set in place set for him/ her.
3. Recognizing the signs of a gluten reaction in the student, and treating it promptly, in all school settings.
4. Striking a balance between safety and social normalcy at school by providing the same opportunities, whenever reasonably possible, as the student's peers and offering encouragement/support to the student.
5. Encouraging open and on-going communication between school personnel and parent/guardian regarding food intolerance issues.

### IV. Goals of the Medical Plan

#### 1. Food Allergy Education / Celiac Disease Information:

- A. All faculty and staff members involved with the care of the student will receive information on Celiac Disease, its management, and the recognition of symptoms associated with gluten ingestion prior to the beginning of the school year, or upon the diagnosis of a currently enrolled student.

#### 2. Meals and Snacks

- A. The school administrator, school food service personnel, and parent/guardian will work together to develop reasonable procedures in reference to the distribution/consumption of gluten-free foods/snacks at school. It is the parent's/guardian's responsibility to review/approve gluten-free items. It is the responsibility of school food service personnel to appraise parent/guardian of food item changes.
- B. The only treatment for Celiac Disease is a strict gluten-free diet for life. Gluten is found in wheat, rye, barley, and contaminated oats, so therefore all foods with wheat, rye, barley, and oats must be eliminated from the diet. This includes the obvious sources such as wheat breads, pastas, buns and rolls, but it also includes such items as soy sauce, some broths and meat bases, some soups, gravy thickened with wheat flour, and breakfast cereals that contain malt or malt flavoring. All labels must be carefully reviewed to be sure no gluten-containing grain is used in that food product.
- C. In addition to the food itself being free from gluten, the food itself cannot come in contact with or be contaminated by gluten-containing foods. This means the gluten-free foods need to be prepared in a separate area, cooked in separate foiled pans, and served with clean gloves.
- D. If the school provides a hot lunch/snack which includes a gluten-based item, a gluten-free alternative must be offered to the student with Celiac Disease. This would include such food items such as gluten-free bread, gluten-free roll, gluten-free cereal, and gluten-free pasta.



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## Form 17: Medical Plan - Celiac Disease (continued)

### IV. Goals of the Medical Plan

#### 2. Meals and Snacks (continued)

- D. Meat and meat alternatives must also be free of gluten-containing grains, including fillers in hotdogs, poultry injected with wheat or barley, and a gluten-containing grain used as an extender in some meat products.
- E. If the school does not provide a daily hot lunch/snack, microwave usage will only be allowed on the days when hot food items are offered to all other students. If it is the school's policy to not microwave food items for students, the student will be responsible (when age appropriate) for microwaving their own gluten-free food items brought from home.
- F. A system will be developed whereby school food service personnel will be able to identify the student with Celiac Disease when moving through the cafeteria line so that their selected food items are safe/gluten-free. Some schools may require these students to self-identify to school food service personnel.
- G. Access to a gluten-free table will be available. The table will be thoroughly cleaned before and after lunch, using a designated sponge or cleaning cloth exclusively for that table in order to avoid cross-contamination.

#### 3. Classroom Management

- A. Classroom teachers and parent/guardian will work together to monitor classroom events that may include the use of food/materials containing gluten. Parent/guardian will be informed 24 hours in advance of any upcoming events that may require alternative food/materials, so the parent/guardian can make appropriate substitutions if necessary.
- B. The student and/or teacher will be careful when using the following materials for classroom projects: Play-Doh, paper-mache, Cheerios/Fruit Loops, other gluten-containing foods, pasta, flour, paste, envelope and stamp adhesives. Hands and surfaces will be completely washed after the use of these materials.
- C. Class activities using envelopes/stickers will be minimized, and the student reminded not to lick any envelopes/stickers while in class.
- D. The parent/guardian will provide a safety snack box, labeled with the student's name, containing alternative gluten-free snacks the student may use in lieu of birthday/ holiday treats provided by other students in the classroom. Parent/guardian will be notified prior to the snack supply being depleted.
- E. Students should be allowed bathroom privileges when necessary or in the case of gluten reaction.



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### IV. Goals of the Medical Plan (continued)

#### 4. Classroom Art Projects

- A. Products commonly used in the art room will be reviewed to determine if they contain gluten. Hands and surfaces must be completely washed after the use of these materials.
- B. The student will need access to hand-washing facilities after handling art projects or products that contain gluten.
- C. Parent/guardian will be informed 24 hours in advance of any gluten-containing items being used in a project, so the parent/guardian can make an appropriate substitution if necessary.

#### 5. Bathroom Access

- A. Accidental exposure to gluten may cause gas, bloating, and diarrhea. Therefore, the student will be permitted to use the bathroom without restriction.
- B. The student will also need access to hand-washing facilities after handling products that contain gluten.
- C. The parent/guardian will have the option of providing a change of clothes for the student that may be used in the event of a gluten reaction and may be kept in the nurse's office or the student's classroom.

#### 6. Field Trips and Extracurricular Activities

- A. Parent/guardian will be notified of upcoming field trip plans that would involve food or food related activities. Parent/guardian will determine whether the food is gluten-free and/or provide student with a safe alternative. Parent/guardian may be asked to provide the gluten-free alternative option.

#### 7. Emergency Evacuation and Shelter in Place

- A. In the event of an emergency evacuation or shelter in place situation, the student's Medical Plan will remain in full force and effect. If the school has kits for emergencies/evacuations, the parent/guardian will provide to the school, prior to the beginning of the school year, a 3 day emergency supply of non-perishable gluten-free foods labeled with the student's name. This will be kept in the student's classroom.

#### 8. Communication

- A. The school staff will keep the student's Celiac Disease confidential except to the extent that the parent/guardian and/or student decide to openly communicate about it with others.
- B. The school staff will provide reasonable notice to parent/guardian when there will be a change in planned activities, such as field trips or parties.
- C. Substitute teachers will be provided with written instructions regarding the student's Celiac Disease care.
- D. Prior to the beginning of every school year, the school administrator, nurse, the student's new classroom teacher and parent/guardian will meet to review the student's Medical Plan and clarify any misunderstandings. The signed Medical Plan will be kept with the student's medical record file.
- E. The student's parent/guardian will be notified immediately if the following situations occur:
  - a. The student has eaten a food item that contains gluten.
  - b. The student has symptoms of gluten ingestion, such as abdominal pain, cramping, diarrhea, or any learning or behavioral problems.



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## Form 17: Medical Plan - Celiac Disease (continued)

### Medical Plan Review:

I have had the opportunity to participate in the development of a Medical Plan for \_\_\_\_\_ (Child's Name) and give my permission to share this plan with the appropriate school personnel.

\_\_\_\_\_  
Parent/Guardian (1) Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian (2) Signature

\_\_\_\_\_  
Date

### Others in attendance at Medical Plan Review:

\_\_\_\_\_  
School Administrator Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
School Nurse

\_\_\_\_\_  
Date

\_\_\_\_\_  
Classroom Teacher

\_\_\_\_\_  
Date

\_\_\_\_\_  
School Food Service Personnel

\_\_\_\_\_  
Date