CCMP Guidelines for CPP: SICKLE CELL DISEASE

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| **GOALS** | 1. Enhance employability by optimizing control of sickle cell disease symptoms.
2. Educate the student regarding recognition of symptoms and self-management.
3. Reduce expose to precipitants or triggers of sickle cell crises.
4. Optimize pharmacotherapy and immunizations utilizing national guidelines.
5. Implement regularly scheduled follow-up visits.
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| **Yes** | **No** | **Career Preparation Period** |
|  |  | Establish an Sickle Cell Disease Action Plan for student |
|  |  | Offer the student a Medical Identification bracelet/necklace/anklet |
|  |  | Conduct clinical evaluation:Refer to comprehensive Sickle Cell Program if availableRoutine medical evaluations every 2-6 monthsLaboratory evaluation every 6-12 monthsAnnual ophthalmology examination for retinopathy, increased ocular pressure, refractionRoutine dental care |
|  |  | Conduct laboratory evaluation:Complete blood count with differentialReticulocyte countHemoglobin F %Renal function (BUN, creatinine, urinalysis)Hepatobiliary function (ALT, AST, alkaline phosphatase, bilirubin)Ferritin (if transfused)Pulmonary function (transcutaneous oxygen saturation) |
|  |  | Assess vocational training match |
|  |  | Mandatory TUPP/smoking cessation enrollment (if applicable) |
|  |  | Reduce or eliminate exposure to other precipitants |
|  |  | Annual influenza vaccination in October or November or upon entry |
|  |  | Emergency response plan |
|  |  | Educate student about Sickle Cell Disease complications:Premature death in adults with sickle cell disease associated with painful crises, anemia, acute chest syndrome, chronic renal failure and pulmonary diseaseFrequency of painful crises may increase in early adulthoodProliferative retinopathy predisposes to retinal hemorrhage, retinal detachment, glaucomaRenal glomerular disease may lead to chronic renal failureChronic pulmonary disease and pulmonary hypertension may contribute to morbidityLeg ulcers and osteonecrosis of the hips and shoulders may lead to disability |
|  |  | Educate student about lifestyle choices:Weight managementEncourage fruits, vegetables, low fat milk, increased fiberAvoid soda and fruit juicesEncourage aerobic physical activity (30 minutes per day, 5 days per week)Avoid sedentary lifestyle (limit TV and other screen time)Avoid smokingLimit alcohol use |
|  |  | Educate student on sickle cell disease management as it relates to employment |