

Coeliac Disease Management Plan

Date: ___/___/___

This is the Coeliac Disease Management Plan for: _____ . (Photo Attached)

Who will be in Grade/Year: _____ and will be taught by _____.

SECTION 1: What Is Coeliac Disease?

Coeliac Disease is an auto-immune disease, where the immune system reacts to gluten proteins causing damage to the small bowel. Coeliac disease is a life long condition with a strict gluten free diet the only way to manage it. As someone with Child Disease my child cannot ingest anything containing gluten. Gluten is the name for proteins found in Wheat, Rye, Barley or Oats including derivatives such as spelt, barley malt etc. A person with Coeliac Disease cannot consume any gluten, even trace amounts like a crumb can cause issues.

SECTION 2: Why Do I need to avoid Gluten?

While Coeliac Disease is not an allergy, the disease is just as serious. Symptoms vary between person to person and the external reactions do not reflect the amount of damage to the small bowel. It is possible to have no external symptoms and yet have severe small bowel damage. The damage to the bowel creates the risk of long term health side affects including, cancer and liver disease when the strict gluten free diet is not adhered to. Some initial reactions that can occur include vomiting, diarrhoea, fatigue, headaches, behavioural issues and/or cramping.

SECTION 3: How to tell if I've been 'Glutened'?

Glutened is the adopted term for accidentally ingesting gluten. As symptoms vary person to person I have included the specific symptoms that reflect being glutened for my child.

3.1 Initial Symptoms

3.2 Long Term Symptoms

3.3 Duration

3.4 What to Do?

If gluten is accidentally consumed it is important to drink plenty of water to keep hydrated. Additional hydration may be required if vomiting or diarrhoea is present. In addition to water, rest is also required as being glutened takes a toll on the body physically. In the even of a glutening please notify our nominated contact/s.

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NAME: _____

NAME: _____

RELATION TO CHILD: _____

RELATION TO CHILD: _____

CONTACT NUMBER: _____

CONTACT NUMBER: _____

SECTION 4: What Could Contain Gluten?

4.1 Hidden Gluten?

All processed foods have the potential to contain gluten. Aside from the typical culprits of bread, pastries and pasta, things like Vegemite, salad dressing, lollies, milk substitutes and processed meats can also contain gluten. Thankfully the Australian Food Standards ensure that cereals containing gluten must be listed or bolded in the ingredients. The ingredients of all products that my child is expected to consume or play with must be checked to ensure there is no gluten in the product. Gluten Free varieties of all of the aforementioned products are available. If you can't read the ingredients do not assume or guess. If you don't know for sure, it doesn't go in the mouth.

4.2 May Contain Statements

Some products have a may contain statement on the packaging and it is important to note that these will not be safe for my child. Coeliac Australia advises that may contains are not safe for those with Coeliac Disease due to the risk of contamination. No product should be provided to my child if it has a may contain gluten or made in the same facility as gluten statement.

SECTION 5: Potential Contamination Risks

It isn't just the ingredients in food that needs to be checked. Cross contamination can also harm someone with Coeliac Disease. Contamination risks can be present from wheat in play dough, glue or paint that is transferred to the hands and then food or even onto other surfaces that food will touch, that could potentially end up being ingested. During any classroom cooking activities shared utensils and crumbs can also be a source of cross contamination. Additionally, gluten can't just be picked off a dish, if the dish has had gluten in it, a new dish must be made.

5.1 Minimizing the Risks

If food is provided it must be prepared in a clean environment in a separate area to the gluten containing food, or before the gluten containing food. Serve the gluten free food on different coloured plates. Ensure that hands are washed before. When baking use the top trays for gluten free to avoid crumbs dropping onto them. Clearly label the safe options and have dedicated butters and spreads.

Potential contamination risks in the classroom should be listed below, along with the measures that can be put in place to minimize that risk.

Risk Identified	Action to Minimize Risk	Person Responsible for Risk Assessment

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SECTION 6: Inclusion

6.1 Food Related Activities and Rewards

Just because my child has Coeliac Disease, does not mean they need to miss out on food related activities. To not isolate my child from their peers, I ask to be notified of upcoming food related activities so that I can provide adequate provisions. Treats for peers birthdays can be provided frozen if possible and be defrosted for the occasion, in addition to lolly bags or any other food related reward.

6.2 Classroom Education

Ensuring that there is a no food sharing policy is great for helping minimize risk. It is important that classmates understand Coeliac Disease to help spread awareness and prevent children feeling different. Older children can be self conscious about standing out and try to fit in. Support through the community will help them to accept Coeliac Disease and not feel like a burden. There are some great reference books that are available to help students understand Coeliac Disease.

6.3 Canteen / Lunch Orders

Please advise if the canteen has gluten free options and if these are safe for someone with Coeliac Disease. If not are there any steps that can be taken to provide safe lunch order options. A list of coeliac society endorsed food products is readily available online for reference.

6.4 Inclusion Methods:

SECTION 7: Additional Information

Additional information can be received by contacting your local branch of Coeliac Australia or through a medical professional.

