

Individual Health Care Plans Guidance

What is an Individualized Health Care Plan (IHCP)?

An individual health care plan (IHCP) is a document that is created by the school team for students with special health care needs and is based off information documented by a qualified health care provider. Since an IHCP is designed to meet students' individual health needs, each plan is unique. It will often include medication management, monitoring procedures, health care needs, safety needs, accommodations, treatments, and preventative emergency planning.

Who is Responsible for Creating an IHCP?

A registered nurse must be a lead participant on the team that is creating an IHCP. It is important that this plan is also developed with the school principal, child's health care provider(s), and the child's parent/guardian.

Who Needs an IHCP?

Children with the conditions listed below need Health Care Plans. This is **not an exhaustive list of conditions**, so please do not hesitate to reach out with any additional questions. In addition, students with Unique Chronic Medical Conditions, or conditions in which the student's teachers need specialized instructions, would need a care plan.

Students with the following Common Chronic Health Conditions must have an IHCP:

- Cardiac Conditions (e.g. Congenital Heart Disease, Arrhythmias)
- Diabetes
- Respiratory/Pulmonary Conditions (e.g. Cystic Fibrosis, Asthma, Allergies, Tracheal Disorders)
- Chronic/Severe Bladder or Gastrointestinal Conditions (e.g. Students with G-Tubes, Frequent UTIs, Ostomy bag)
- Bleeding Disorders
- Sickle-Cell Disease
- Cancer (e.g. Leukemia) or Solid Tumors
- Neurological/Neurodevelopmental Conditions (e.g. Seizure Disorder- including Epilepsy, Cerebral Palsy, Spina Bifida, Pediatric Strokes)

Some students with the following Neurodevelopmental Conditions or Social-Emotional Needs may need CAPs or ICEPs *instead of/or in addition to* an IHCP:

- Attention Deficit Hyperactivity Disorder (ADHD)
- Communication Disorder
- Down Syndrome
- Autism Spectrum Disorder (ASD)
- Tic Disorders or other Motor Disorder (including Muscular Dystrophy)
- Intellectual Disabilities
- Anxiety Disorders

Some students will need Individual Health Care Plans for Temporary-Short Term Conditions such as:

- Fracture
- Concussion
- Temporary Mental-Health Concerns

For questions related to IHCPs, please reach out to the Catholic Schools Office.