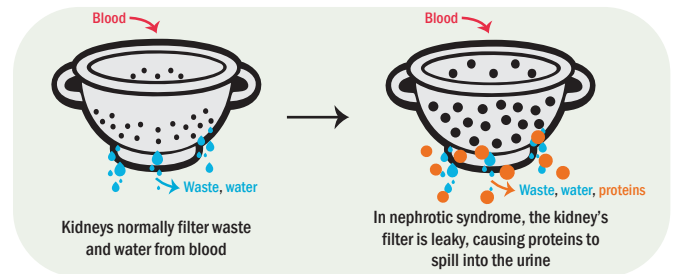


Nephrotic Syndrome: Guide for Schools

What is nephrotic syndrome?

Nephrotic syndrome is a rare, serious disease of the kidneys that can relapse and remit (come and go) throughout childhood

Nephrotic syndrome is not contagious and cannot be spread to others



Children with nephrotic syndrome have difficulty fighting off infections

Proteins that normally help fight off infections spill out into the urine during relapses



Medications needed to treat nephrotic syndrome suppress the immune system

TIPS FOR TEACHERS:

Ensure everyone in the classroom washes hands frequently

Sanitize desks and surfaces every day

Inform parents about outbreaks (flu, chicken pox, cough, cold, etc.)

Do not put a child with nephrotic syndrome in a group with child with cough, cold, etc.

Doctor's appointments and hospitalizations can lead to a lot of missed school days

Less time in school → Worse school performance

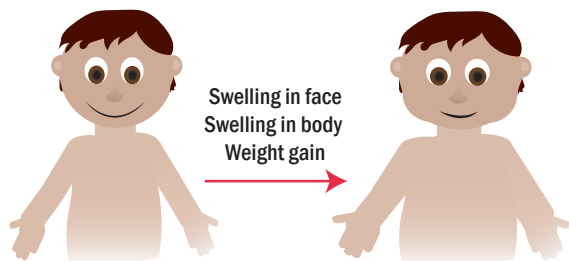
TIPS:

Establish good communication with parents to support the child

Encourage physical activity and participation in sports

Some medications can have severe side effects

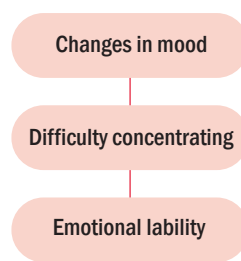
Physical changes



TIP:

Help create a positive environment and reduce bullying

Behavioral changes



TIP:

Notify the child's parents if you notice changes in behavior



Urination habits may change

TIPS:

Fluid intake requirements may change during a relapse

Allow free access to the bathroom

For more information:

Visit <https://lab.research.sickkids.ca/parekh/research/insight/infographics/>