

# Urea Cycle Disorders: A Quick Resource for Substitute Teachers

A urea cycle disorder, commonly called a UCD, is a rare disease that affects \_\_\_\_\_, a student in this class. This information will help you learn more about UCDs.

People with UCDs have a problem with an enzyme in their liver. This prevents their bodies from removing ammonia, which is a waste product created when the body breaks down protein. Because of this, ammonia can build up in their bloodstream and make them very sick. Having too much ammonia in the body can trigger something called a hyperammonemic crisis, which requires immediate medical attention.

Usually, \_\_\_\_\_ doesn't appear to be sick, so it can be hard to remember that a UCD can lead to a medical emergency. We don't expect an emergency to happen, but we want to make sure you have all the information you need in case it does. We also want you to be aware of what it means to live with a UCD day to day.

A UCD can cause the amount of ammonia in a person's blood to rise to unsafe levels. This can make him or her very sick. The symptoms of high ammonia don't appear quickly, and if you're not familiar with UCDs, it may be easy to miss the subtle signs that ammonia is rising. By the time someone with a UCD appears to be sick, it usually means that medical attention is required. If this happens, you should follow the emergency protocol at the end of the attached guide.

## Please carefully read the attached Guide to Providing Care.

If you have any questions or would just like someone to talk you through all of this, please feel free to reach out:

Name: \_\_\_\_\_

Contact information: \_\_\_\_\_

To stay healthy and keep ammonia levels low, it is very important that \_\_\_\_\_ follows these rules during the school day:



### Stick to a low-protein diet

- No extra food (snacks, treats, etc) unless it's approved by parents first.
- Low-protein is different—and more restrictive—than vegetarian.



### Stay well hydrated



### Avoid extreme temperatures (too hot or too cold)



Visit the nurse's office to take supplements and/or medicine every day



Avoid strenuous activities (eg, in gym class or at recess)



Eat snacks and use the restroom whenever necessary



Other rules we follow

Five horizontal lines for writing other rules.

The following points of contact at school are all aware of \_\_\_\_\_'s UCD and needs and are good resources if you have any questions during the day:

Name: \_\_\_\_\_

Contact information: \_\_\_\_\_

Name: \_\_\_\_\_

Contact information: \_\_\_\_\_

Name: \_\_\_\_\_

Contact information: \_\_\_\_\_

Name: \_\_\_\_\_

Contact information: \_\_\_\_\_



Additional notes

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