

## Muscular Dystrophy Care Plan

**Muscular Dystrophy (MD)** refers to a group of hereditary, progressive disorders with onset in young people. MD results in a degeneration of voluntary muscles of the trunk and lower extremities. The most common form is Duchenne which is onset early in life; therefore, it is the type most frequently seen in schools. Muscular atrophy results in weakness and fatigue, leading to respiratory or cardiac problems. In class, the student will have difficulty manipulating materials and ambulating around school.

Name \_\_\_\_\_ DOB \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_

Parent \_\_\_\_\_ Phone 1 \_\_\_\_\_ Phone 2 \_\_\_\_\_

Cell phone \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Doctor \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

### Current Medications:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Physical Activity:

Any specific restrictions in classroom activities, physical education activities, or playground/recess activities:

\_\_\_\_\_  
\_\_\_\_\_

### Diet:

Any modification of diet needed:

\_\_\_\_\_  
\_\_\_\_\_

### Mobility:

Assistance for mobility:

\_\_\_\_\_  
\_\_\_\_\_

### Other comments:

\_\_\_\_\_  
\_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

School Nurse \_\_\_\_\_ Date \_\_\_\_\_