



better lives for children with crohns and colitis

CICRA's vision is for a childhood unlimited by inflammatory bowel disease.

Through sensitivity, flexibility and support, schools can make a huge contribution to this goal.



Sources:

- 1 Supporting pupils at school with medical conditions, statutory guidance for governing bodies of maintained schools and proprietors of academies in England, Department of Education 2015.
- 2 CICRA factsheet: Supporting children with medical needs in schools
- 3 Royal Free Hospital Children's School, letter to examiners
- 4 CICRA research:
 - surveys with children with IBD and their parents
 - two focus groups with young people with IBD
 - consultation with teachers who are parents of a child with IBD
 - consultation with secondary school teachers

If you have questions about IBD or its impact on young people, please **contact the team at CICRA** or visit our website for downloadable template letters to exam boards.

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all about IBD

Inflammatory bowel disease (IBD) is a **life-long condition**, which is very **unpredictable** and can have frequent flares and relapses. There are two main types of IBD; **Crohn's disease and Ulcerative colitis**. IBD is **not contagious**. It should also not be confused with irritable bowel syndrome (IBS), a less serious condition.

When the disease is active, **pupils will need regular and prolonged access to toilets**, as a common, embarrassing and distressing symptom is frequent diarrhoea.

Each pupil with IBD will be affected differently and cope differently at various times. Regularly ask your pupil with IBD what you can do to support them to achieve in school and how you can help them overcome the challenges of their condition.

Most pupils with IBD should have an individual healthcare plan to allow them to take full part in school life. **These key points are to help all teachers support pupils with IBD.**

>>> will need **extra time in exams** and separate invigilation to allow access to toilets



>>> **should not be penalised for poor attendance** (in line with statutory guidance on medical conditions in school)



>>> need **all-day access to toilets** and the ability to leave lessons urgently without explanation



>>> can **face difficulties with peers** who are not aware of their condition or who bully them because of it



>>> may be **prone to anxiety and depression** caused by the stress of living with IBD, particularly after a relapse



>>> will need **to use sun protection/ wear a hat** if on certain treatments



pupils with IBD

>>> will sometimes be too **tired** to work as much and as effectively as normal



>>> may be **too tired to complete homework** and need flexibility on tasks and deadlines

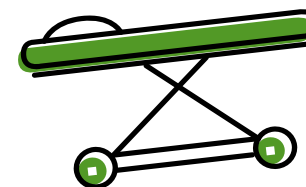
>>> **may be late for lessons** or miss school altogether



>>> may be on medicines that suppress the immune system and **need to take time off school during outbreaks of infections** (winter flu, stomach bugs, chicken pox) but can complete work at home if they are well

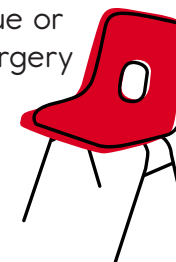


>>> should be allowed to take **rest breaks in the medical room** if needed



>>> will **miss school for hospital appointments** and if admitted to hospital. Most want to make arrangements to keep up with key subjects, particularly if recovering from surgery

>>> may be **unable to take part in PE or sport** because of fatigue or after surgery



>>> may need **access to water and snacks in lessons**

