

Top Tips For School

My name is Jess, and I have AVP-D and adrenal insufficiency. These are some tips that work for me, to help manage studies alongside my pituitary conditions. I hope they help you!



Practice being open

You don't have to disclose your pituitary condition to anyone if you don't want to, but opening up to teachers or friends can help you feel more supported and understood. There are no rules; you can share as little or as much as you like, and this might differ from person to person.



Seek accommodations



Accommodations are changes to your day-to-day school life, that can help make it easier for you. This could include having more time for exams or assignments, having extra bathroom access or being able to take time off without it impacting your grades. If you think it might help you, it's worth talking to your school about it! It's best to have accommodations in place as soon as possible, so if you have an unexpected dip in your health later, you can just focus on feeling better.

Set up meetings with your school and teachers

You can use these meetings to make sure staff know about your condition and what to do in an emergency. It can be helpful to write these down important points beforehand so you don't forget anything.

You can also use these meetings to talk to teachers about symptoms they should look out for, like feeling sick or dizzy, or looking pale. You can also set up emergency care plans and talk about what accommodations you may like to set up.

Advocate for yourself

Learning to speak up for yourself can be scary, but practice makes perfect! Your needs are valid and you deserve to feel supported in school. Don't be afraid to reach out to teachers or staff by email, to explain your situation and what your needs are.



Have a to-go bag

Having a small bag of items to support you in managing your pituitary condition can help you deal with any symptoms throughout the day. Some of the things you could keep in your bag include extra medication, salty snacks, glucose tablets/sugar, etc. Personalise it to your needs!

Stay hydrated!

Many people with pituitary conditions are more likely to get dehydrated than others. It's important to remember to drink throughout the day. This is especially true in the warmer months, as well as at events like sports days or trips away from home!

Carry emergency information

This depends on your condition but you should always have some form of emergency information on you. For adrenal insufficiency, for example, this could be carrying a steroid alert card or wearing a medical alert bracelet, which provide crucial information for healthcare professionals in an emergency.

Keep spare medication at school

You should be able to keep spare emergency medication, such as an emergency injection kit or extra medication, at your school. Make sure that



any medication is replaced after it's been used or when it reaches its expiry date.

Take medication on time

This might mean setting reminders on your phone or ensuring that friends or staff know so that they can help remind you. Take a few minutes to check in with yourself and your symptoms. If you feel unwell, for example, don't be afraid to let someone know. Always follow the sick day rules if you need to.

Be patient with yourself

Remember that there is no one way to be a student. You don't have to push yourself to do anything you think you 'should' do, just because your peers are. Keep in touch with your body and pace yourself throughout the day, remembering to take medication or up dose when you need to.

“Remember that your health always comes first, and trust that you can always catch up if you fall behind.”

Find your own routine

Although school life is very structured, remember that it's ok to do things differently. This may mean studying later in the day if you struggle with early mornings or taking short breaks between classes to eat or drink something. Don't be afraid to experiment with it until you find what works for you. This might change from day-to-day, and that's perfectly okay too!