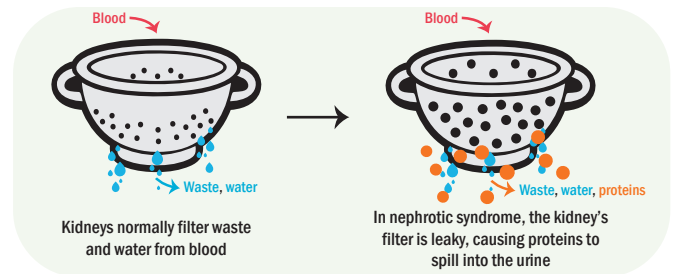


# Nephrotic Syndrome: Guide for Schools

## 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

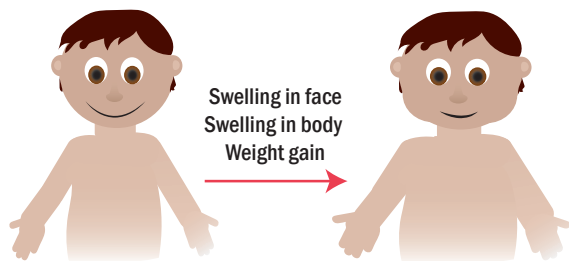
### TIPS:

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



Swelling in face  
Swelling in body  
Weight gain

### TIP:

Help create a positive environment and reduce bullying

### Behavioral changes

Changes in mood

Difficulty concentrating

Emotional lability

### 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/>