



How to write an individual Health Care Plan (IHP)

This information sheet will explain how to write an individual health care plan (IHP); provide a template of a plan you can adjust to your own circumstances; and provide contact details for further guidance.

What is an individual health care plan (IHP)?

- Each child with congenital heart disease is unique and therefore the way that they are supported within a school environment will aim to fully reflect this.
- An individual health care plan or IHP is a comprehensive document that is written by the child's parents and carers together with input from the child's health professionals and their school;
- An IHP highlights areas of the child's health that require attention and action whilst being part of the school environment.

Why it's important for parents/carers and the school to work together

- Communication is key. The child's parents/carers and the school, should aim to ensure that the child's congenital heart disease (CHD) is supported fully by communicating clearly about the child's current and future CHD support and how this impacts and evolves with the child's IHP.
- This will offer a child a strong opportunity to develop their educational skills within an environment that effectively supports their long term health condition.



'Children are not the people of tomorrow, but are people of today.'

Janusz Korczak

Words matter

- Parents, teachers, school nurses and school mentors such as sports teachers, all have a role to play in making sure that they are fully aware of a child's IHP: to read it thoroughly; be aware of the child's health warning signs; and to act immediately whenever necessary.
- Simple but vital matters such as noting on the IHP if the child has a particular word or phrase that they use to describe their symptoms, will be essential to document and act upon.

Individual Health Care Plan (IHP): The strongest link between home and school

- A heart condition will often have some impact on a student's performance at school, both in and out of the classroom.
- Teachers and school personnel should be aware of any restrictions on physical activity a student has because of a heart condition.
- They should also understand that heart surgery will be disruptive to the student's school work and may also have other physical and behavioural effects.
- By co-ordinating with the student's parents and staff at the child's cardiac clinic, the child's parents and the school can help children with heart conditions succeed.

Safe in School

The Health Conditions in Schools Alliance of which the Children's Heart Federation (CHF) is a member, has produced a generic template of an Individual Healthcare Plan (IHP) which may be useful to parents when writing their own child's IHP.

Please see the sources of information section at the end of this information sheet.



Template IHP for children with heart conditions

Little Hearts Matter have produced a template IHP which can be adapted to any heart conditions. It can be downloaded from this address.

<http://medicalconditionsatschool.org.uk/documents/Individual-Healthcare-plan-heart.pdf>

The Health Conditions in Schools Alliance have produced a more generic template which can be downloaded here.

http://medicalconditionsatschool.org.uk/documents/Individual%20Healthcare%20plan__Part%202.pdf

About this document:

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Evidence and sources of information for this CHF information sheet can be obtained at:

- (1) Little Hearts Matter: Health Care Plans for Children with single ventricle CHD. 2019. Available at: <https://www.lhm.org.uk/wp-content/uploads/2016/09/Healthcare-Plan-A4-Final-07092016.pdf>
- (2) CHD information for teachers. Sick Kids. 2019. Available at: <https://www.aboutkidshealth.ca/Article?contentid=650&language=English>
- (3) Health Conditions in Schools Alliance: IHP. London 2019. Available at: <http://medicalconditionsatschool.org.uk/documents/Individual-Healthcare-plan-Part%201.pdf>

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