

Prescribing tip for actioning by practice

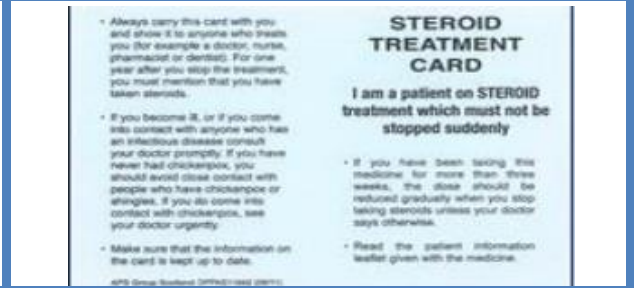
## Use of Steroid Medication Warning Cards for Children and Young People

There are currently **two** different steroid cards available for children and young people.

1. The British Society for Paediatric Endocrinology and Diabetes (BSPED) Paediatric Steroid Treatment Card is for use in **patients with diagnosed adrenal insufficiency receiving cortisol replacement therapy**. It provides emergency management information and advice on sick day rules and can be downloaded from [BSPED Patient Information](#).



2. The blue Steroid Treatment Card should be used in **patients at risk of adrenal suppression due to therapeutic use of corticosteroids**. In Primary Care the card can be obtained from <https://pcse.england.nhs.uk/services/supplies/>. **Please note this card is a holding position while a further study is being conducted.**



**Points to note**

- The prescriber is responsible for issuing an appropriate steroid card when prescribing a corticosteroid or other drug that may increase the risk of adrenal suppression.
- Issue of a steroid card should be accompanied by a verbal explanation of the risks and how symptoms of adrenal suppression may be recognised.
- All routes of corticosteroid administration should be considered e.g. inhaled, topical etc. Concomitant use of corticosteroids via multiple routes may increase the risk of adrenal suppression, and so the issue of a blue Steroid Treatment Card in these circumstances should be considered.
- Be aware that potent CYP3A4 inhibitors can increase the risk of adrenal suppression and so prescribers must be alert to concomitant use of these with corticosteroids. It is recommended a steroid card be issued in this situation – see table 1

Table 1: Commonly encountered potent CYP3A4 inhibitors (note not exhaustive)

Class	CYP3A4 inhibitor	
Antifungals	Itraconazole	Posaconazole
	Ketoconazole	Voriconazole
Antibiotics	Clarithromycin	<i>(long-term courses, e.g. over 14 days)</i>
	Erythromycin	
Protease Inhibitors	Atazanavir	Ritonavir
	Darunavir	Saquinavir
	Fosamprenavir	Tipranavir

- Pharmacists dispensing corticosteroids for children and young people should check that the patient/family have received the appropriate steroid card and, if not, issue one if they consider it appropriate to do so.

Please see the NPPG Position Statement for full details on when steroid cards are recommended to be provided including guidance on calculating doses which would put patients at risk of adrenal suppression [Paediatric Steroid Card – NPPG](#) Please note it is recommended that all children aged 5 or under receiving inhaled corticosteroids (ICS) should receive a blue steroid card. For children aged over 5 years receiving an ICS please see link for further details on doses that would result in recommending a blue steroid card.

To contact the Medicines Optimisation Team please phone 01772 214302

If you have any suggestions for future topics to cover in our prescribing tips, please contact [Nicola.schaffel@nhs.net](mailto:Nicola.schaffel@nhs.net)