

# Aplastic Anemia

## An overview for school professionals

**Aplastic Anemia** is a disease in which the bone marrow does not make enough blood cells for the body.

### What are some common symptoms of aplastic anemia?

- weakness and fatigue (tiredness), shortness of breath, and unusually pale skin
- frequent or severe infections
- easy bleeding or bruising, bleeding that is hard to stop, and tiny red spots on the skin (petechiae)
- Headache/ dizziness
- Rapid or irregular heartbeat

### What type of support plan is appropriate for a student with aplastic anemia?

Students with aplastic anemia should have a 504 plan/IEP. The diagnosis of **aplastic anemia** gives reasonable cause to bypass the SST process, which will allow you to provide immediate accommodations to the student. All teachers who provide instruction for your student should be made aware of these accommodations.

### What accommodations are necessary for a student with aplastic anemia?

**ATTENDANCE:** Students with aplastic anemia frequently miss school. They may require hospitalizations from time to time, sometimes for several weeks.

- full-time and/or intermittent hospital homebound services
- suspension of attendance requirements for absences due to medical appointments and illness, including allowances for student to participate in extra-curricular programs and events without penalty due to absences.
- partial-day attendance, as necessary
- ability to sit out during strenuous activities and not participate in contact sports and/ or P.E. while in school

**ASSIGNMENTS:** It is important for teacher and parents to ensure that student receive assignments in a timely manner so student does not get further behind. It may also take the student with aplastic anemia longer to complete assignments due to fatigue, pain, and/or frequent breaks.

- a system for providing advance assignments to the parent or student for absences due to planned medical appointments
- a system for providing make-up assignments in a timely manner when patient is absent due to illness or hospitalization
- modified assignments: Shorten assignments to emphasize mastery and to limit repetition.
- extra time to make up missed assignments

**ACTIVITY RESTRICTIONS:** Students with aplastic anemia are at an increased risk for bleeding.

Students with aplastic anemia may attend school and participate in most activities. They may participate in sports that are of low risk for bleeding such as physical education, walking, light jogging, light calisthenics, swimming as they feel able. However, they should be excused from all contact sports and all activities that involve high risk of traumatic injury, such as football, basketball, gymnastics, hockey, etc.

The list of accommodations above is not meant to be exhaustive; each student's unique needs will dictate the appropriate accommodations to be listed in his/her 504 plan.