

PH Explainer for Schools and Teachers



Hydration Needs for Children With Primary Hyperoxaluria (PH)

Hyperhydration (drinking lots of water) is extremely important for kidney health in children with PH. Here are a few points about your child's hydration needs to highlight for teachers and class aides:

Time for Water

My child needs to drink at least ___ cups of water throughout the school day. Please accommodate my child's water needs because continuous hydration is vitally important to their kidney health.

Bathroom Breaks

Drinking lots of water will necessitate frequent bathroom breaks. Please allow for these breaks.

504 Plans

These plans require any United States school that receives federal funding to accommodate the needs of any child who has a physical or mental impairment that affects major life activities. They can help make it easier for kids to succeed in school.

My child has one because they have PH, a genetic disease. Due to this condition, they need frequent bathroom and water breaks throughout the day.



Explaining PH

PH is a rare disease, and it's very likely that most people have never heard of it. Here are a few common questions and some responses to help you explain PH to your child's teachers, counselors, and other school employees.

Q. I've never heard of PH. What is it?

A. PH is a very rare genetic disease. In someone with PH, the liver makes too much of a substance called oxalate, which can cause kidney stones and kidney damage, and when it's more severe, it can even cause damage to other organs in the body.

Q. Why does your child have so many appointments?

A. They have a genetic condition called PH that causes kidney stones and permanent kidney damage, so they have frequent appointments to help monitor and manage their kidney health.

Q. How did they get it?

A. PH is a genetic disorder, so they were born with it.

Q. How serious can it be? Your child doesn't look sick.

A. PH is a serious disease. It requires continuous care and management. They need to keep up with their treatments, monitoring, and hydration to help decrease their chances of getting painful kidney stones and permanent kidney damage.

Q. How much water do they have to drink?

A.

School-age Children

68-101 ounces, 2-3 liters, or 8-13 cups of water/day



Older Adolescents

135 ounces, 4 liters, or 17 cups of water/day



Follow your HCP's instructions on daily water intake.


Q. Do they really have to drink that much water? What happens if they don't?

A. Yes! They have a disease that causes their body to make too much oxalate. Drinking lots of water helps dilute it. If they don't drink enough water every day, all that oxalate can cause serious health consequences, including painful kidney stones and permanent kidney damage.




Important Primary Hyperoxaluria Health and Accommodation Information for _____

Please note that this form is optional; you are not required to fill the information. It may help to facilitate discussions with your school.

	Birth date: / /			
	PH medications that may need to be administered/ taken at school:	Dose:	Frequency:	Hyperhydration regimen: Needs to drink at least ___ cups or ___ oz of water over the course of each school day, with frequent water and bathroom breaks.
	Allergies:		Emergency contact 1:	
	Dietary restrictions:		Phone:	Relationship to student:
		Email:		
Other important information related to PH:		Emergency contact 2:		
		Phone:	Relationship to student:	
		Email:		

Classroom Accommodations

	Grade:	504 plan: <input type="checkbox"/> Yes <input type="checkbox"/> No
	Child's teacher:	Effective date: / /
Accommodations:		

