

# Case Studies

## Case Study 1

Emily is an 8 year old girl who has been treated for cancer. She still experiences pain and fatigue following the end of her treatment, and is reluctant to go onto the playground or take part in PE as she isn't as agile and quick as she used to be. She worries her friends will think she is still unwell and so tends to say she feels sick. In class, when it is time for maths, she gets a tight chest and needs to leave the classroom. Her teachers are unsure how much to encourage her on the playground – is she physically able to join in? Is the chest pain anything to worry about?

## Case Study 2

John is a 12 year old boy with a history of pain and fatigue, for which no medical cause has been identified. He seems to experience a high level of general anxiety and struggles with the school environment. He has seen doctors at the children's hospital who have advised that there is no medical cause and that he can be in school. John is frequently absent and when he is in school, he complains of pain and leaves the classroom. He spends much of his time in the school office area until his parents can collect him.

## Case Study 3

Joanna is aged 9 has asthma and allergies, and needs to take an inhaler. She also appears quite an anxious child, and often needs to leave lessons to take a few minutes and seems panicky about needing her inhaler. She is supported by the class TA to return to the lesson. It's not always clear whether she needs her inhaler or whether she is anxious – but you tend to allow her to have it just to be on the safe side.

## Case Study 4

Ali has type 1 diabetes; he is 14 and manages his condition well. He uses an app on his phone to record his test levels and enter sugar content from his diet. It tracks his levels and moods and recommends with alarm alerts when he should take medication and sugary foods. Ali has a smartwatch that provides him with discrete alerts. The school Ali attends has just implemented a ban on pupils using mobile phones and smart watches.

## Case Study 5

Bella is a 14 year old girl with anorexia. She requires a certain daily intake of food to cope with everyday life and maintain her health. She needs longer to eat what is expected of her at breakfast or lunch time which can mean her missing time from school. If her weight is low or she has over-exerted herself she can feel very weak and dizzy and be more prone to headaches. She finds it very hard to concentrate at times and can struggle to retain information.