

Pediatric Neurology Division, University of Utah/Primary Children's Medical Center, Salt Lake City, UT, April, 2011. <http://medicine.utah.edu/pedsneurology>

**Provider Name**

**Address**

**City**

**Fax**

RE: **[Patient Name, DOB]**

**[Date]**

Dear **[Provider]**:

Our patient, **[Name]**, has recently been diagnosed with infantile spasms, and we are requesting your assistance as we treat him/her with a 2-4 week course of high dose **[prednisolone or ACTH]**. We will be in close contact with the family to manage steroid dosing. We would appreciate your assistance with the following:

Primary Care Provider Role During Steroid Treatment for Infantile Spasms

1. Check baseline blood pressure prior to starting high dose steroids, if possible.
2. Monitor BP twice per week during high dose steroid treatment.  
If the systolic or diastolic reading increases significantly (for instance, by more than 10 mmHg from baseline), contact Paula Peterson, PNP, or the child's neurologist at 801 587 7575. Depending on the clinical situation, the next dose may be held, decreased or not changed.
3. Monitor clinically for other side effects of high dose steroids - gastritis, insomnia, or irritability - and treat as needed.
4. If the patient is receiving ACTH, teach the family to administer intramuscular injections in the infant's thigh. Family should alternate thighs each day to prevent skin breakdown.

Immunizations and High Dose Steroids

1. Postpone all immunizations in the patient for at least 1 month after high dose steroid course has ended to ensure immunization efficacy, and for patient safety in the case of the live vaccines.
2. Postpone live vaccines in *patient's siblings and household contacts* for at least 1 month after the patient's high dose steroid course has ended, for patient safety. Siblings and household contacts can receive the *inactivated* influenza vaccine during the patient's high dose steroid course.

Thanks very much for your support for these families. Please contact us for any questions.

**[Attending Neurologist Name]**

Office: 801 587 7575

On Call Neurologist at Primary Children's Medical Center: 801 662 1000