



CONGENITAL ADRENAL HYPERPLASIA SUPPORT GROUP OF NEW ZEALAND (CAHNZ Trust)

The CAHNZ Trust is a registered charity devoted to offering education, support and resources to all New Zealand individuals and families affected by congenital adrenal hyperplasia.

Freephone: 0800 224 698 (0800 CAH NZT)

Email: info.CAHNZ@gmail.com

Website: www.cah.org.nz

Postal address:

CAHNZ Secretary
PO Box 66
Waihi
Hauraki 3641
New Zealand

Membership: as of May 2011, the CAHNZ annual subscription is NZ\$35 or Aust\$30 per family (with affected child) or adult member.

OTHER POINTS OF INTEREST

- **All people with CAH should wear a Medic Alert Bracelet at all times.**
- Your doctor can sign this form

April 2009 – Sheryl Tregurtha
Paediatric Endocrine Nurse Specialist
Starship Hospital

*Adapted from information from Christine McMahon
National Testing Centre 2004*

CONGENITAL ADRENAL HYPERPLASIA (C.A.H.)

17OHP BLOOD COLLECTION TECHNIQUE FOR CHILD (Finger Prick)



STARSHIP PAEDIATRIC
ENDOCRINE SERVICE
(NATIONAL INFORMATION SHEET)

Information for Parents & Caregivers

ABOUT THE TEST

- This type of test is done to give a clearer overview as to if your child is receiving the correct dose of medication at the right times as it looks at several results over a 24-hour period.
- Over a 24-hour period, we ask you to collect several samples i.e. four or six hourly testing.
- We measure a hormone called 17 hydroxy-progesterone (17OHP).

IN PREPARATION

- Gather all supplies (four or six filter paper cards, several lancets / needles, band-aids). Check cards are not expired.
- Complete the written data on the Guthrie card (complete name, NHI number, the time and date sample is collected either state whether this is am or pm, or use 24-hour time (e.g. 0800, 1600)).
- Take care not to touch the blood spot collection area of the cards as this can affect the accuracy of the sample.

GETTING READY FOR THE TEST

- Wash your hands well (you may want to wear disposable gloves, if any cuts or abrasions ensure these are covered)
- For finger collection from children it may be helpful to soak the hand and arm in warm water, or wash area with a warm flannel prior to test (the hand should feel **very** warm)
- Dry the area well.
- Move the blood to the end of the fingers, by doing a complete shake of the arm from the elbow down (flicking motion) and then 'milking' blood from elbow down to fingertips. The hand and fingers will discolour and darken.

DOING THE BLOOD COLLECTION TEST

- Using your auto lancet or lancet provided puncture near the nail on either side of the centre two fingers. Avoid the pad, as it is more painful due to all the nerve endings.
- Allow a large drop of blood to accumulate at the puncture site, and then drop free flowing blood onto the card, and **fill one circle completely**. Avoid the skin touching the card.
- If the blood does not completely fill the circle, add another drop and fill the remaining area of the circle until it is full.
- Ensure the blood has completely soaked through to the reverse side of the card.
- Apply pressure to stop bleeding and then apply a Band-Aid.
- It is ideal to get one large drop rather than lots of small drops.
- Use ONE card per sample and only fill ONE circle every 4 – 6 hours (i.e. as advised by your doctor).

WHAT TO DO WITH THE CARD

- Place the card/s horizontally to dry for four hours at normal air temperature, out of the sunlight.
- Ensure air can get to both sides of the card while drying.
- Protect the card from insects (especially flies as they may choose to lay their eggs on the sample)
- Do not use a heater or hair dryer to dry card. Air-drying is important!
- Keep safe from spills from other liquids etc.
- When dry, the blood sample will go brown.

- When card is dry, fold the cardboard flap over the blood sample and place in a paper envelope and keep safe until all blood samples are collected.
- If results are needed quickly, avoid posting on Thurs, Friday or Saturday.
- Once all collected post all cards in ONE envelope and address to:

**National Testing Centre,
PO Box 872
Shortland Street
Auckland 1140**

HELPFUL HINTS

- Choose a day that best suits you (maybe the weekend when you have more time).
- Do test when warm, i.e. after bath/shower.
- If possible, take blood samples when you have someone on hand to assist.

YOUR MEDICAL TEAM

For **urgent** medical advice related to severe illness (vomiting &/or diarrhoea, fever, serious injury), your child may need an injection of hydrocortisone (SoluCortef®) and/or be admitted to hospital.

Please contact _____

Paediatric Endocrine Nurse Specialist Starship

For questions and supplies re 17OHP testing, contact Sheryl Tregurtha:
Tel: 09 631 0790 – option 2 (or leave a message).
Email: SherylT@adhb.govt.nz

National Testing Centre

For filter-paper testing packs (12 cards in each), also contact Joan Carri:
New Born Screening Resources
Tel: 09 3074949 (ext 23047#)
Email: nbsr@adhb.govt.nz