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| This form is designed to be used in conjunction with a Continence Care Plan to document an agreed approach to learning and care, however can be used as a standalone for to support children and young people with menstrual management. This form must be developed in consultation with parent/guardians, and where possible the child or young person.  This information is confidential and will be available only to relevant staff and emergency medical personnel. | | | |
| Name of child/young person: |  | DOB: |  |
| Allergies: |  | Review date: |  |
| Education or care service: |  | | |
| Contact staff member: |  | | |  |

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| **Tasks for care and learning** | Independent | Learning at home | Learning at school | Dependent | **Comments/further information** |
| **Menstrual management** | | | | | |
| Aware of need to change pad/tampon |  |  |  |  |  |
| Shuts/locks cubicle door |  |  |  |  |  |
| Pulls down pants |  |  |  |  |  |
| Removes used pad/tampon |  |  |  |  |  |
| Disposes of used pad/tampon |  |  |  |  |  |
| Aware of need to change underwear (if required) |  |  |  |  |  |
| Removes soiled underwear |  |  |  |  |  |
| Places underwear in bag |  |  |  |  |  |
| Puts on clean underwear |  |  |  |  |  |
| Adheres pad to pants |  |  |  |  |  |
| Inserts tampon (NBL Staff will not insert tampon) |  |  |  |  |  |

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| **Tasks for care and learning** | Independent | Learning at home | Learning at school | Dependent | **Comments/further information** |
| **Menstrual management (cont.)** | | | | | |
| Pulls up pants |  |  |  |  |  |
| Pain management |  |  |  |  |  |
| **Handwashing** | | | | | |
| Remembers |  |  |  |  |  |
| Uses soap |  |  |  |  |  |
| Uses taps |  |  |  |  |  |
| Washes hands adequately |  |  |  |  |  |
| Dries hands on towel or hand drier |  |  |  |  |  |
| **Other tasks** | | | | | |
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| **Terminology preference** | | **Personal kit contents** *(if required)* details/further information | | |
| Menstruation |  |  | Flannels / wipes |  |
| Blood |  |  | Disposable cloths |  |
| Sanitary napkin / pad |  |  | Soap (optional) |  |
| Tampon |  |  | Towel (optional) |  |
| Vagina |  |  | Panty liner |  |
| Pain |  |  | Sanitary napkin / pad / tampon |  |
|  |  |  | Spare underwear |  |
|  |  |  | Spare clothing |  |
|  |  |  | Plastic bag (for soiled clothing) |  |
|  |  |  |  |  |
| **Other issues** | | **Action required** | | |
| Expression of pain | |  | | |
| Swimming | |  | | |
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