

HIGH HOPES

Reach your true potential



Paediatric Growth Hormone Deficiency (GHD) Teacher resource pack

This material forms part of the High Hopes GHD awareness campaign which is developed and funded by Pfizer Ltd.

The information provided in this material is intended for general information and education, and is not intended to be a substitute for advice provided by a doctor or other qualified healthcare professional.

“I think a child in my class has GHD”

As a teacher, you spend a substantial amount of time with your pupils and can provide helpful insight into any potential health concerns. The information below has been designed to help spot key symptoms and what to do if you suspect a child in your class may have GHD.

What are the key symptoms?

The clearest symptom of GHD is when a child is significantly shorter than their peers. You may also notice a younger, chubby looking facial appearance and poor muscle tone.

GHD is oftentimes diagnosed between the ages of 4 and 6, so if you are a Reception, Year 1 or Year 2 teacher you may begin to notice these symptoms in some children.

It's important to remember that GHD can often be missed, so if you are a teacher in Junior School (Years 3 to 6) you may notice children of short stature. It's especially important that patients are diagnosed so they can receive treatment where appropriate, and reach their target final height and go through puberty at the right time.

What a teacher may notice:

- Child is significantly shorter in class photos
- Child struggles to use chairs/school equipment designed for children of their own age
- Child struggles to keep up during play time

It is key to note that GHD does not impact cognitive ability.

I suspect a child in my class may have GHD. What should I do next?

It can be very difficult for teachers to raise health issues with parents. If your school has a dedicated nurse or relevant healthcare professional, raise it with them. If not speak to management to understand your school's policy for speaking to parents about potential health conditions.