

## At Work

Most occupations are suitable for individuals with sickle cell disease. They are capable of handling normal workloads. There may be unexpected absences which may indicate a need for some backup support on the job. However, they should be treated with understanding and flexibility. Stress is a major factor that may trigger symptoms for individuals with sickle cell disease. Therefore, their workload should be shared, especially if prolonged absences occur.

You may share an office with a co-worker with sickle cell disease. If so, you may notice that this person likes the office temperature warmer than usual, or may wear sweaters and jackets when the temperature seems comfortable to you. This is because cold temperatures may trigger a pain episode for your co-worker with sickle cell disease.

Family members who care for an individual with sickle cell disease may unexpectedly have to leave work to take care of the sick person. Pain episodes for individuals with sickle cell disease are unpredictable. A family member may not be able to finish a task before rushing out. Please be understanding of the family member's need to be attentive to his or her sick loved one.

If a co-worker should experience a pain episode on the job, it is recommended that he or she be allowed to lie flat on a comfortable surface. He or she should be kept warm, and given water to drink. Make sure that there is enough air ventilation in the room where he or she is resting. The individual suffering the pain episode would usually have with them pain medication that they should take. If the person continues to be uncomfortable after an hour, it is advisable to call a medical emergency team.

### DISCLAIMER:

This information is for educational purpose only and is not intended to substitute for informed medical advice from your health care provider. You should not use this information to diagnose or treat a health problem or disease without consulting a qualified health care provider with any questions or concerns you may have regarding your condition or conditions of others.