



Siena Catholic Primary School

ANAPHYLAXIS PROCEDURES

Last updated 28th January 2010

It is we who are not at risk who must play our part in keeping allergic people safe.

What is Anaphylaxis?

Anaphylaxis is the most severe form of allergic reaction and is potentially life-threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

It is estimated that up to 400,000 (2%) Australians, including 6% of children in Queensland, have severe allergies and are at risk of a life-threatening anaphylactic episode. The most common causes are eight foods that account for 90% of allergic reactions: peanuts, tree nuts (walnuts, almonds, cashews, pistachios, pecans, etc.), fish, shellfish, eggs, cow's milk, sesame and soy, bee or other insect stings, latex and certain medications. Reactions to foods can occur through ingestion, skin or eye contact or by inhaling food particles. Allergic symptoms may develop almost immediately after exposure to the allergen, or within 20 minutes after exposure to the allergen, and can rapidly become life threatening.

Signs and Symptoms of Anaphylaxis

All reactions need to be taken seriously, however not all reactions require adrenaline. Signs to look for in a child with known risk of food or insect allergy Anaphylaxis:

Mild to moderate allergic reaction

- tingling of the mouth
- hives, welts or body redness
- swelling of the face, lips, eyes
- vomiting, abdominal pain

Severe allergic reaction

- difficulty and/or noisy breathing
- swelling of the tongue
- swelling and/or tightness in the throat
- difficulty talking or hoarse voice
- wheeze or persistent cough
- loss of consciousness and/or collapse
- pale and floppy (young children)

Treatment of Anaphylaxis

The increase in severe allergic reactions in Australia has prompted the call for better education in the emergency treatment of Anaphylaxis. The action plans must be completed by the child's treating doctor and will list the specific allergens to be avoided for each patient.

If a child suffers a moderate allergic reaction, remain with the child, send a student runner to the office with the Yellow Anaphylactic Alert card, give prescribed medications (if required) eg liquid antihistamine, locate EpiPen and contact parents/carer.

If a child suffers a severe allergic reaction, administer EpiPen immediately, send a student runner to the office with the Yellow Anaphylactic Alert card and call ambulance. If child is unconscious, commence CPR and continue until ambulance arrives. Contact parents immediately. Maintain Airway, Breathing and Circulation, continue close observation of child while waiting for medical assistance.

School Management of Anaphylaxis

Siena Catholic Primary School will not be a nut free zone

- Every effort will be made for awareness raising and risk minimisation with regard to avoidance of allergic foods, however we support ASCIA's (Australasian Society of Clinical Immunology and Allergy) guidelines which do not recommend the implementation of blanket food bans or attempts to prohibit the entry of food substances into schools.

Action Plan for Anaphylaxis/Allergy

Parent Responsibilities:

- An Action Plan for Allergy, Anaphylaxis or Insect Allergy –Anaphylaxis is to be provided to the school by the parent/caregiver on enrolment or as soon as possible after diagnosis. This Action Plan must be signed by a medical practitioner and contain a current photograph of the child, name and DOB of child, emergency contact details and plans on how to manage mild-severe allergic reactions, including an appropriate emergency response.
- Ensure a yellow Student Medical Request Form is completed annually for both EpiPen and any antihistamine medication (two forms are enclosed).
- Provide an EpiPen and a clearly labelled case for your child to carry their EpiPen to specialist lessons, Liturgies, playtime and school excursions (yellow EpiPen cases are available from the school office for \$30, however, you may wish to provide your own carry case).
- Ensure the EpiPen is clearly labelled and not out of date.
- Replace an EpiPen when it expires or is used.
- Ensure Action Plans are reviewed annually and re-endorsed by a medical practitioner at the commencement of each school year.
- Notify school in writing if there has been a change in their child's condition.
- Provide drink containers and lunch boxes which are clearly labelled with their child's name.
- Provide safe food to enable their child with allergies to participate in celebrations.

School Responsibilities:

- Inform staff about management procedures and treatment of Anaphylaxis, ensuring staff have undergone training in use of an EpiPen.
- Alert staff of students with Anaphylaxis.
- Obtain an Action Plan for Anaphylaxis from parents which has been signed by a medical practitioner.
- Ensure that Action Plans are located in the child's classroom, in the First Aid room and are also stored with the student's emergency medication (EpiPen).
- Make compulsory that Action Plans and up-to-date student photographs are evident in the Student Medical Alert List which is kept in each class

TRIK Book (Teacher Relief Book), Playground Incident Folder and in the Tuckshop.

- That EpiPen or other medication is stored properly and securely, but not locked in a cupboard or room.
- Students at risk of Anaphylaxis will be given every opportunity to participate in a full range of school activities.
- Ensure new staff appointed during the year view the PowerPoint presentation and are made aware of school procedures for students with Anaphylaxis.
- Ensure that bullying by provoking allergic students with potential allergens is recognised as a risk factor and addressed by anti-bullying policies and procedures.
- Ensure allergic students wear a yellow rubber wrist band as a form of identification.
- Ensure teachers on playground duty carry Playground Incident Folders containing yellow Anaphylaxis Alert Cards (for runners to notify office so First Aid Officer can respond immediately) and a charged mobile phone for the Senior Oval so the teacher can call 000 in event of emergency.

Identification of Anaphylactic Students

- Staff will be presented a PowerPoint portraying an up-to-date photograph and year level of students on medical alert (including Anaphylaxis) at the commencement of each school year.
- Anaphylactic students will be identified in their class TRIK book which relief staff are provided by the office on arrival to work.
- Severe Anaphylactic students will carry their EpiPens in a **yellow** allergy alert bag to specialist lessons, library, church, lunch, afternoon tea, carnivals and on excursions/camps. The **yellow** bag is to be handed to the supervising teacher and returned to the student at the end of play/lesson/liturg/excursion.
- All students with Anaphylaxis will wear a **yellow** rubber wrist band to identify themselves.

Staff Training

- The Qld Government Department of Education Training and The Arts “Management and Treatment of Students with Anaphylaxis” PowerPoint will be presented to all staff at the commencement of each school year.
- All staff will be trained in the use of an EpiPen or EpiPen Junior (for 1-5 year olds) at the commencement of the school year and refresher training will occur during a staff meeting early in Semester 2.
- New relief staff will be made aware of students with Anaphylaxis by APA at their orientation interview.

Be a MATE Program

Be a M.A.T.E – Make Allergy Treatment Easier - program will be taught in classes with Anaphylactic students, to assist teachers in educating all children in their class on the seriousness of food allergy and its daily management. If we can “Make Allergy Treatment Easier” in the early years, we hope that teens will take fewer risks and feel more at ease about allergies by: letting others know they have a serious food allergy; always reading food labels and making enquiries about foods to be eaten; always carrying their emergency medication and letting others know if they suddenly feel unwell, especially after eating.

Raising Awareness

- At the commencement of each school year, teachers with anaphylactic students in their class will forward a generic school letter home to their class parents to alert them of the student/s with Anaphylaxis and preventative procedures to avoid cross contamination (eg. not to bring in products with tree nuts or peanuts if asked to bring a plate for a shared celebration). This information would also be presented during the Term 1 Parent Information Night and reminders will be included on excursion/camp notes. Students who join the class mid-year will be given this information.
- Teachers who have students with Anaphylaxis in their year level will teach their students about Anaphylaxis using the Anaphylaxis Australia Resource Pack Posters.
- Risk minimisation in the Early Years will include avoiding food rewards, enforcing routine hygiene such as washing hands and cleaning bench tops, keeping a container of safe treats provided from parent, asking parents of classmates not to send peanut butter on sandwiches. These guidelines are imposed due to the higher risk of person to person contact in younger children and the fact that 1/2000th of a single peanut can cause an allergic reaction.

Cooking or Experiments in Schools

- Parent permission needs to be attained if students with Anaphylaxis are to participate in cooking or experiments involving food.

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- Food containers or packages that contain the food the child is allergic to should not be used (eg. egg cartons, milk containers, peanut butter jars, latex balloons).

Food Sharing Prohibited

- Food and drink sharing is not permitted. There is to be no trading of food, food utensils and food containers. Students with Anaphylaxis must only have food provided from home or food that the child's parent has approved.

Tuckshop

- Parents of students with Anaphylaxis will be provided with 'Food Allergy Alert' stickers. These are to be placed on tuckshop order bags. It is the parents' responsibility to inform tuckshop staff of their child's particular allergy and to provide a list of foods that their child may purchase from the tuckshop menu. Promotion of new foods will be properly supervised and students with Anaphylaxis will not be given any new food without parental consent.
- The tuckshop will minimise risks through awareness of cross contamination during food preparation and will remove products with nuts as an ingredient. This will not apply for food products labelled "May contain traces of nuts".
- The tuckshop will have photographs and action plans of students on the Medical Alert List (including Anaphylaxis) in a prominent place.
- Parents are invited to speak directly to the Tuckshop Convenor regarding their child's allergies.

Excursions/Camps

- The EpiPen and Action Plan must be taken on all excursions and camps. A staff member trained to administer the EpiPen or the child's parent should also be present. (A precautionary measure of taking two EpiPens on excursion/camp is encouraged so that if an EpiPen is misfired a backup EpiPen is available).
- Food taken on excursion must be clearly marked with student's name and kept separately from other food taken on excursion.
- On school camps where there are children with severe nut allergies, it will be requested that foods containing nuts are not taken or supplied.
- A mobile phone will be taken on excursion/camp.
- For Sports Carnivals not held on school grounds, the staff member responsible for the First Aid Kit will check which children with allergies are attending and will bring along their emergency EpiPen.

Celebrations

- Parents of students with Anaphylaxis may choose to provide alternative safe treats for times of celebration (eg. birthdays).
- On occasions when requested to bring a plate for a shared gathering the parent may choose to provide a plate for their Anaphylactic child only.

Care of EpiPen

- EpiPens are to be clearly labelled with the child's name on the pen.
- EpiPens are to be kept in their original packaging, are to remain accessible and are to be stored at room temperature.
- The expiry date will be checked by the parent each term.
- An EpiPen, clearly labelled with the child's name, will be kept in a secure, unlocked place in the First Aid room, in case of emergency.

Anaphylaxis Australia Subscription

Siena Catholic Primary subscribes annually to Anaphylaxis Australia to receive quarterly newsletters and updates.

Resources available in Library

- DVD: Alexander, the Elephant Who Couldn't Eat Peanuts
- Books: Jeremy's First School Camp, Jeremy's Magic School Day, Jeremy's Cake, A Special Day at School
- Be a M.A.T.E. program