



St. Joseph's Primary School Numurkah

Anaphylaxis Procedure

March 2014

Basic Beliefs:

- Our school community nurtures the development of the whole child.
- Our School is built on respect and an appreciation of individual differences

Background:

In most schools some children are anaphylactic. We are committed to providing a safe and healthy environment for our students and have therefore adopted an allergy awareness policy to protect students who are at risk of a severe allergic reaction.

What is anaphylaxis?

Anaphylaxis is a severe and sudden allergic reaction. It occurs when a person is exposed to an allergen (such as a food or insect bite). Although death is rare, an anaphylactic reaction always requires an emergency response. Prompt treatment with injected adrenaline is required to halt progression and can be life saving. Fortunately, anaphylactic reactions are usually preventable by implementing strategies for avoiding allergens

Common allergens for anaphylaxis are:

- foods (eg peanuts and nuts, shellfish and fish, milk and egg)
- insect bites (eg bee, wasp, jumper ants)
- medications (eg antibiotics, aspirin)
- latex (eg rubber gloves, balloons, swimming caps).

The severity of an anaphylactic reaction is influenced by a number of factors, such as exercise, hot weather and in the case of food allergens, the amount eaten. In the case of severe food allergies, an anaphylactic reaction is usually triggered by ingestion of the food.

Recognising an anaphylactic reaction

- ✚ Reactions usually begin within minutes of exposure and can progress rapidly at any time over a period of two hours.
- ✚ A student at risk of anaphylaxis will often recognise the early symptoms of an allergic reaction before any other signs are observable.

Common symptoms are:

- ✚ flushing and/or swelling of the face
- ✚ itching and/or swelling of the lips, tongue or mouth
- ✚ itching and/or a sense of tightness in the throat, hoarseness, difficulty breathing and/or swallowing
- ✚ hives, itchy rash and/or swelling about the face, body or extremities
- ✚ nausea, abdominal cramps, vomiting
- ✚ shortness of breath, repetitive coughing and/or wheezing
- ✚ faint, light headedness, rapid pulse, low blood pressure, collapse
- ✚ distress, anxiety and/or a sense of dread.
- ✚ Peanut & nut allergies

✚ ***Peanuts and nuts are the most likely foods to cause anaphylaxis. Foods that contain peanuts and nuts (even trace amounts) can trigger a reaction in an allergic child.***

Major Incident

- Breathing will be strained- wheezing, Asthma will develop
- Swelling of the tongue
- Difficulty talking
- Pale and floppy
- Change in conscious state

Action:

- ***Treatment – as per child's Emergency Management Plan***
- Call Ambulance
- Notify Parent/s
- **Never leave the child unattended**

Mild Incident:

- Lips, face and eyes may swell
- Lips and throat get itchy
- A rash will develop – hives / welt may present
- Abdominal pain, vomiting

Action:

- Administer medication as per Emergency Management Plan
- Supervise child
- If further concerned an ambulance to be called immediately.
- **Never leave the child unattended**

Parent / Carer Responsibilities

It is the responsibility of the parent to notify the school if their child is at risk of an anaphylactic reaction either at the time of enrolment or, if the student is enrolled, as soon after diagnosis as possible.

As with other health conditions, schools provide support to assist the parent in the management of their child's health. For this support to be effective it is important that:

- ✚ a partnership is established between the parent and the school to share information and clarify expectations
- ✚ every reasonable effort is made to minimise the exposure of students at risk of an allergic reaction to known allergens within the school environment (refer Examples of Strategies to Avoid Allergens)

- + Medical Doctor complete a Medical Alert / Anaphylaxis Action Plan Form that includes what medications are required for treatment
- + parents must supply an EpiPen or EpiPen Junior and/or other medications to the school and are responsible to check the expiry dates as well as keeping the medications current.
- + parents are to remind the class teacher of medications that must accompany your child on class excursions
- + All diagnosed anaphylactic students must be made aware of their condition and the processes

School Responsibility:

- + Ensure that Staff are updated with both their First Aid and Anaphylactic training – use of EpiPen.
- + Ensure that the Emergency Management Plan is displayed in the sick bay, Principals Office and front desk in the foyer and each teacher will have a copy that will be kept in an obvious place. These plans are to be updated annually.
- + Ensure that the child's EpiPen is stored in a clearly marked container in the sickbay cupboard.
- + The school can help by assisting the student to avoid allergens – the school canteen will avoid the use of main trigger foods – ie peanuts, nut products / spreads.
- + By ensuring that an emergency management plan is in place for children who are anaphylactic.
- + Purchase a spare EpiPen which will be stored in the cupboard in the school sickbay.
- + Have an annual Risk Management checklist in place.

Anaphylactic Plan:

Every student with a tendency towards anaphylaxis attending St. Joseph's School should have a written management plan filled out by his or her family doctor in consultation with the student's parent.

The management plan would include:

- Usual medical treatment – action that needs to be taken.
- A written action plan provided by the doctor detailing medications to be used in cases of deteriorating during an incident including how to recognize worsening symptoms and what to do during an attack.
- High risk students should have their action plans updated each year.
- Name, address and telephone number of an emergency contact.
- Name, address and telephone number of students doctor.

***See attached Proforma**

Ratified by the School Board:

To be Reviewed: March 2016

GUIDELINES FOR CARING FOR xxxxxxxxxxxxxx AT SCHOOL

Name:

Class:

Parents:

Siblings:

Condition:

Contact Phone Numbers:

Ambulance: 000

Emergency Number :

Dr.xxxxxxxxxx Phone xxxxxxxxx

PHOTO OF STUDENT

****Special Notes**

Minor Incident / Symptons

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Major Incident / Symptons

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Action

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Call an Ambulance

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POST SEIZURE

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****IF YOU HAVE ANY CONCERNS RING PARENTS OR THE AMBULANCE****

