



# ANAPHYLAXIS MANAGEMENT

## POLICY AND PROCEDURES

### POLICY STATEMENT

Anaphylaxis is an acute allergic reaction to certain food items and insect stings. The condition develops in approximately 1-2% of the population. The most common allergens are nuts, eggs, cow's milk and bee or other insect stings, and some medications. It can be life threatening and research indicates it is becoming more prevalent. It is a medical emergency that requires a rapid response.

#### Purpose:

- To provide a safe and healthy school environment that takes into consideration the needs of all students, including those who may suffer from anaphylaxis.
- To prevent anaphylaxis by informing staff of students who have been diagnosed as at risk, awareness of triggers (allergens) and prevention of exposure to these triggers.
- To promote partnership between the school and parents, so that certain food or items are kept away from the student while at school.
- To ensure that each staff member has adequate knowledge about allergies, anaphylaxis and the school's policy and procedures in responding to an anaphylactic reaction.
- To raise awareness about anaphylaxis and the school's management policy in the school community.

### GUIDELINES

Signs and Symptoms of allergic reaction:

#### **Mild to Moderate**

- Swelling of lips, face and eyes
- Hives, welts, body rash and/or itching
- Abdominal Pain and /or vomiting
- Complaint of tingling in the mouth

#### **Severe- Anaphylaxis( Involves Breathing and/or Circulation)**

- Difficulty in breathing or noisy breathing
- Swelling of tongue
- Swelling or tightness of throat
- Difficulty swallowing, tightness in throat
- Wheezing or persistent cough
- Loss of consciousness and/or collapse
- Young children may appear pale and floppy

## IMPLEMENTATION

Every student who has been diagnosed as at risk of anaphylaxis will have an Individual Anaphylaxis Management Plan.

- An individual management plan will be developed, in consultation with the student's parents, for any student who has been diagnosed by a medical practitioner as being at risk of anaphylaxis.
- The individual anaphylaxis management plan will be in place as soon as practicable after the student enrolls and where possible before their first day of school.
- The individual anaphylaxis management plan will set out the following:  
Information about the diagnosis, including the type of allergy or allergies the student has, which has been signed by their doctor.
- Strategies to minimise the risk of exposure to allergens while the student is under the care or supervision of school staff, for in-school and out of school settings including camps and excursions.
- The name of the person/s responsible for implementing the strategies and information on where the student's medication will be stored as well as the student's emergency contact details
- An emergency procedures plan (ASCIA Action Plan), provided by the parent, that:
  - sets out the emergency procedures to be taken in the event of an allergic reaction and whether it is mild, moderate or severe.
  - is signed by a medical practitioner who was treating the child on the date the practitioner signs the emergency procedures plan; and
  - includes an up to date photograph of the student, **yearly**

It is the responsibility of the school to ensure:

- A copy of the plan will be clearly displayed and accessible to staff.
- Medications, including Epipens, will be correctly stored in the school office: ensuring staff knows where it is and can access it quickly.
- Provide an Epipen stored in the First Aid kit for general use.
- Anaphylaxis and Epipen training will be provided for staff with regular updates.
- Staff in charge of students at risk of anaphylaxis are responsible for ensuring medication including Epipen and a copy of the student's action plan accompany the student on all camps and excursions.
- The school community will be made aware of the school's policy on anaphylaxis through newsletter articles, internet site, student enrolment procedures and letters to parents in classes with Anaphylaxis students.
- That the child eats only the food that is supplied or permitted by the parents/carers and does not share food, utensils and containers with or accept other food from another person as far as practicable. Drink bottles and lunch boxes should be clearly labelled.

It is the responsibility of the parents/carer to:

- Provide a written emergency procedures plan (ASCIA Action Plan) signed by the doctor upon enrolment or diagnosis and updated annually. This must include an up to date photo.
- Inform the school if their child's medical condition changes, and if relevant provide an updated emergency procedures plan.

- Provide to the school all necessary medication including the EpiPen, (antihistamine and other required medications) ensuring that it is replaced if it expires or when used.

The student's individual management plan will be reviewed, in consultation with the student's parents/ carers:

- Annually, and as applicable,
- If the student's condition changes, or
- Immediately after a student has an anaphylactic reaction at school/home.

#### Emergency Management

- Follow the Child's Emergency Procedures Plan (ASCIA Action Plan)
- Call "000" for an ambulance.

If a mild to moderate reaction:

- Stay with the child and call for help
- Send someone to locate the medication.
- Give medication as prescribed. Take note of the time.
- Contact parent/carer.
- Watch closely for signs of anaphylaxis until the ambulance arrives.

If a severe reaction:

- Treat the person where you find them and keep them lying down or at a 45 degree angle if breathing is difficult or on their side if vomiting.
- Stay with person, call for help and administer EpiPen if available to outer aspect of thigh.
- Note the time.
- If no EpiPen and/ or person appears unresponsive, perform DRABC
- Check for a response
- If no response, turn person on side and check airway, clear if necessary.
- If airway clear and breathing normally leave in lateral recovery position.
- If airway clear, but person is not breathing perform 2 rescue breaths.
- Observe for signs of life(movement, colour, noises) if no vital sign perform CPR at a rate of 30 compression to every 2 breaths.
- Continue CPR until ambulance arrives and assesses child.

#### Communication Plan

- The principal will be responsible for ensuring that a communication plan is developed to provide information to all staff, students and parents about anaphylaxis and the school's anaphylaxis management policy.
- The communication plan will include information about what steps will be taken to respond to an anaphylactic reaction by a student in a classroom, in the school yard, on school excursions, on school camps and special event days.
- Volunteers and casual relief staff of students at risk of anaphylaxis will be informed via a visual photograph of students in the classroom. All staff will be briefed once each semester by a staff member who has up to date anaphylaxis management training on:
  - the school's anaphylaxis management policy
  - the causes, symptoms and treatment of anaphylaxis
  - the identities of students diagnosed at risk of anaphylaxis and where their medication is located

- how to use an auto adrenaline injecting device
- the school's first aid and emergency response procedures.

Staff Training and emergency response.

- Teachers and other school staff who conduct classes which students at risk of anaphylaxis attend, or give instruction to students at risk of anaphylaxis must have up to date training in an anaphylaxis management training course.
- At other times while the student is under the care or supervision of the school, including excursions, yard duty, camps and special event days, the principal must ensure that there is a sufficient number of staff present who have up to date training in an anaphylaxis management training course.
- The principal will identify the school staff to be trained based on a risk assessment.
- Training will be provided to these staff as soon as practicable after the student enrolls. Wherever possible, training will take place before the student's first day at school. Where this is not possible, an interim plan will be developed in consultation with the parents, the school's first aid procedures and students' emergency procedures plan.
- The school's first aid procedures and students' emergency procedures plan will be followed in responding to an anaphylactic reaction.

## EVALUATION

This policy will be reviewed as part of the school's annual review cycle.

Date: 3/03/2021	Responsibility: School Council	Review Date: March 2022
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