



# ANAPHYLAXIS

## (Senior and Junior Schools)

*Reviewed July 2021*

- **Anaphylaxis** is a potentially life threatening, severe, allergic reaction needing immediate medical attention. It usually occurs within seconds or minutes of exposure to certain foods or substances.
- It is a serious but manageable condition.
- The school recognises that good communication and partnership between governors, parents, teachers, doctors and pupils will enable a pupil at risk of anaphylaxis to participate fully in all aspects of school life.
- The school aims to provide effective support for pupils at risk.
- An agreed health care plan for each pupil at risk will help allay concerns by parents, pupils and staff and minimise risks by reassuring them that prompt and effective action will be taken in accordance with medical advice.
- The school is aware of the need for effective care to be balanced with sensitivity. Pupils at risk will be monitored discreetly so school life may continue as normal for all concerned.

### IN SCHOOL

- A list of pupils at risk is displayed on notice boards in the staff room, gymnasium and sports field with photographs for identification.
- Staff should be aware of the condition and have information on emergency treatment.
- Pupils prescribed adrenaline should carry their medication at all times.
- We encourage parents to supply a spare adrenaline pen (e.g. epipen), to be stored safely in the health centre.
- Staff should know where the medication is stored.

- Staff should be regularly updated on the use of adrenaline pens
- Arrangements for outdoor activities and school trips should be discussed in advance by the school with the parents and staff.
- The school will be aware of possible trigger situations in school and manage them appropriately. These include avoidance of known allergens where possible or use appropriate signage to indicate possible allergens.
- Thoroughly clean areas where allergens have been used to stop cross contamination.

### **RESPONSIBILITY OF PARENTS**

- Inform the school if their child has potential severe allergic reaction before entry to the school to ensure continuity of care and support.
- Inform the school of the medication the pupil requires. Parents should ensure that their child carries their Adrenaline pen on them at all time. During outdoor games/activities, their Adrenaline pen should be given to the teacher to be kept in the valuables box or first aid kit.
- Inform the school any changes in medication.
- Provide spare medication to be kept at school. This should be labelled clearly with name and instructions for use.
- Ensure medication carried by their child and kept at school is within its expiry date.
- Be vigilant about keeping contact numbers up to date.
- Advise the catering manager of special dietary requirements. Parents are encouraged to meet with the catering manager to discuss pupils needs.
- Pupils will be allowed to wear medical alert talisman- however, these should be covered by sweatbands during activities/sports.
- During residential trips, pupils must carry their adrenaline pen with them at all times. Translation cards will be provided where appropriate (see appendix) and a letter provided to the airline allowing the safe transport of sharps. Host families and hotels will be advised prior to the trip.

## **SENSITIVE INFORMATION**

### **Common Causes:**

- Food substances - peanuts, tree nuts, seafood, eggs, sesame seeds, milk and other dairy products.
- Bee and wasp stings
- Drugs
- Latex (often related to banana, kiwi fruit and Avocado allergies)
- Pollen
- Animal hair

### **Signs and symptoms**

- Urticarial rash (nettle rash/hives)
- Itching
- Sneezing
- Generalised flushing anywhere on the body.
- Swollen throat/mouth
- Hoarse voice and/or feeling of a lump in throat
- Cough and/or wheeze (severe asthma symptoms)
- Difficulty in breathing and/or swallowing
- Feeling of faintness and/or apprehension
- Blue colour to the lips
- Nausea and vomiting
- Abdominal pain
- Loss of consciousness
- Alteration in heart rate
- Breathing stops, no pulse felt and heart stops beating

### **ACTION**

- **Call for someone to telephone for ambulance stating pupil is having anaphylactic reaction**
- **State exact location**
- **Reassure pupil**

- See pupil uses adrenaline pen if prescribed (self-administering adrenaline delivery system to be carried at all times) this should be injected into the outer aspect of the thigh.
- Keep the used adrenaline pen to be handed safely to the ambulance crew, taking care to avoid needle stick injuries. Make a note of the time the Adrenaline was administered.
- If the pupil is feeling faint or weak - lay them down with their legs elevated. They should not stand up.
- If difficulty breathing they may feel more comfortable sat up. If signs of vomiting, lay them on their side to avoid choking.
- If in school inform Health Centre
- Inform parents

### **Mild Allergic Reaction**

- Itching
- Rash
- Tingling and swelling of lips
  - Treated with antihistamine tablets
  - Remain with pupil and observe for signs the reaction is worsening
  - Contact parents