



Learning Together

# Ballymoney Model Integrated Primary School

## Management of Anaphylaxis Recommended Guidance from the Southern Health Trust



Date:

August 2023

Date of Next Review:

2024–2025

Anaphylaxis is a severe and potentially life threatening allergic reaction. It should always be treated as a medical emergency. Symptoms need to be recognised early, and treated quickly with the medicine 'adrenaline'.

An ambulance should always be called for a person having anaphylaxis and the operator informed that it is anaphylaxis. (AllergyUK 2019)

Certain substances can trigger the severe, rapid onset allergic reaction. There are called allergens and include:

- cow's milk,
- eggs,
- nuts,
- fish, shellfish,
- bee and wasp stings,
- antibiotics, aspirin,
- anaesthetic drugs, chlorhexidine and latex.

There are two types of reactions:

- Uni-phasic – rapidly developing severe reaction involving the airway or circulation.
- Bi-phasic – early oral and abdominal symptoms, then a symptom-free period of 1 – 2 hours, then increasing symptoms involving breathing and circulation.

Symptoms of a <b>mild to moderate reaction</b> are: <ul style="list-style-type: none"><li>• swollen lips, face or eyes,</li><li>• itchy/tingly mouth,</li><li>• hives or itchy skin</li><li>• rash,</li><li>• abdominal pain or vomiting or</li><li>• a sudden change in behaviour.</li></ul>	Action that should be taken: <ul style="list-style-type: none"><li>• stay with the child and call for help if necessary,</li><li>• locate adrenaline auto injector(s),</li><li>• give antihistamine,</li><li>• give inhaler if prescribed and</li><li>• phone parent or emergency contact to attend school and assess the child's condition.</li></ul>
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Symptoms of a <b>severe reaction</b> are; <ul style="list-style-type: none"><li>• persistent cough, hoarse voice,</li><li>• difficulty swallowing, swollen tongue,</li><li>• difficult or noisy breathing, wheeze,</li><li>• persistent dizziness, pale or floppy, suddenly sleepy, collapse or unconsciousness.</li></ul>	Action that should be taken: <ul style="list-style-type: none"><li>• lie flat with legs raised,</li><li>• use adrenaline auto injector without delay,</li><li>• dial 999 for an ambulance and say ANAPHYLAXIS, the operator may decide to send a rapid response vehicle to the location.</li><li>• after giving adrenaline the adult should; stay with the child until the ambulance arrives,</li><li>• commence CPR if there are no signs of life,</li><li>• phone the parent/emergency contact,</li><li>• if no improvement after 5 minutes, give a further adrenaline dose using a second auto injector device if available.</li></ul>
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Adrenaline is the emergency medicine used to treat a severe allergic reaction. It works quickly to reverse the symptoms of anaphylaxis by: helping to reduce swelling, open the airway and improve the blood pressure. (AllergyUK 2019)

Children's individual emergency box should be:

- accessible at all time during the school day,
- contain the original completed care plan with medication in date,
- be clearly labelled for clear identification and avoid extremes of temperature.

### Roles and Responsibilities

The School Health Team will:

- provide centralised Health Raising Awareness on the recognition and treatment of anaphylaxis,
- offer and arrange a suitable date with the school, parent and young person, to complete the allergy action plan for children new into school or newly diagnosed with anaphylaxis and
- participate in a debriefing session following an anaphylactic incident.

The child's parent/carer will:

- notify the school if their child requires an Adrenaline auto injector,
- notify the school of any changes to their child's allergy action plan,
- attend a school meeting with school nurse, principal, member of staff responsible for pupils' medical needs and young person to complete the allergy action plan,
- ensure in date auto injectors are available in school,
- return out of date auto injectors to local pharmacy,
- discuss with the school arrangements for lunch and snacks,
- regularly remind the child of the need to refuse any food items offered by others,
- take home the emergency box, including all contents, at the end of the school year and return to school in September.

The school will:

- notify the school nurse on becoming aware of a pupil requiring an Adrenaline auto injector device in school,
- where no care plan is in place, create awareness of the pupil's allergic condition,
- be aware of those staff who have attended the Health Raising Awareness Session,
- identify adequate numbers of appropriate staff to attend awareness sessions,
- make arrangements for the safe handling and availability of Adrenaline auto injector for pupils leaving the school building or any activities that can place the child at risk,
- attend the meeting with the school nurse, parent and young person to devise and complete the allergy action plan,
- agree with the parents/carers and school catering staff on the provision of school meals,
- ensure safe storage and easy access to the auto injector,
- all staff must be aware of where these are stored, be aware of auto injector expiry dates to ensure they are in date at all times in school and attend a meeting with the school nurse within one week following an anaphylactic incident.