



Anaphylaxis Policy

Policy Type	Non-regulatory
Last Review	Autumn 2018
Next Review	Autumn 2019

Anaphylaxis Policy

Overview of anaphylaxis

Anaphylaxis is a severe and potentially life-threatening allergic reaction, characteristically affecting more than one body system such as the airways, heart, circulation, gut and skin. Allergies to peanuts and tree nuts are the most common trigger but a number of other allergens can cause anaphylaxis, including egg, gluten, milk, fish, soya, sesame, penicillin, latex, kiwi fruit and insect stings. In some people, exercise can trigger a reaction, either independently or in combination with other factors. Symptoms can start within seconds or minutes of the exposure to the food or substance and usually progress rapidly. On rare occasions, there may be a delay of onset of a few hours.

Severe Symptoms

- Swollen tongue
- Hoarseness, difficulty in speaking or swallowing
- Difficult or noisy breathing, wheeze, persistent cough.
- There may be a dramatic fall in blood pressure (anaphylactic shock). The person may become weak and floppy and have a sense of impending doom. This may lead to collapse. Unconsciousness, and- on rare occasions- death.

In addition to the severe symptoms listed above, there may also be:

Common symptoms of allergy

- Widespread flushing of the skin
- Urticaria (otherwise referred to as nettle rash or hives)
- Swelling of the skin anywhere on the body (angioedema)
- Swelling of the lips
- Abdominal pain, nausea and vomiting
- (In the case of a pupil displaying only the more common symptoms of allergy they can be treated initially with Piriton. Give according to the guidance on the container with regard to age and dosage. Closely monitor for a worsening of symptoms or the development of severe symptoms.)

Action to take in the event of anaphylaxis

- Sit the girl down and administer the pre-loaded adrenalin auto-injector immediately if they have been prescribed one.
- Call for an ambulance immediately after the first dose and state the girl is suffering from anaphylaxis and needs to be attended by paramedics.
- If a girl is showing signs of anaphylaxis for the first time call 999, explain her symptoms and explain that we are a school and have a spare adrenalin auto injector and ask permission to use it.

- Contact the school nurse.
- If the girl has an asthma inhaler this can be used.
- If conscious sit or lie them down. They may be more comfortable with their chest propped up.
- If unconscious, place them in the recovery position and maintain the airway.
- If no improvement after 5 minutes administer a second injection.
- If the girl's condition does not improve or deteriorates after the first 999 call, a second should be placed to ensure an ambulance has been dispatched.
- Used auto-injectors should be sent to the hospital with the pupil along with documentation stating the time it was given.

How to use a pre-loaded adrenaline auto-injector

- The auto injector should only be injected into the thigh. It can be injected through clothing but avoid seams and pockets.
- Follow the manufacturer's instructions for each brand of auto-injector to ensure you are aware of which end contains the needle and how to remove the cap.
- Form a fist around the auto-injector ensuring your thumb is not in the way of the needle.
- Position the needle end about 10cm from the outer mid-thigh.
- Swing and jab the needle end into the thigh at a 90 angle and hold in place for 10 seconds.
- Remove the device and gently massage the injection site for 10 seconds.

Management of anaphylaxis in school

The school operates a strict nut and sesame free policy and parents and pupils are reminded of this.

The school nurses will ensure that catering staff are informed of all pupils who have food allergies at the start of the school year and that this is updated termly, or immediately in the case of a new diagnosis. All staff to be trained in the use of auto-injectors annually, and to be provided with updates as necessary.

Any girl who requires an adrenaline auto-injector is required to carry one with her at all time while in school or on the school bus. Junior school pupils should wear theirs in a waist pouch. Parents should ensure they are in date.

A number of generic spare adrenal auto-injectors will be stored in the junior and senior school medical rooms. These will be administered in an Emergency if a known anaphylactic child is displaying symptoms but does not have her Epipen, needs a second dose or if she displays symptoms of anaphylaxis for the first time and a paramedic has given permission for a spare auto injector to be administered.

The schools' medical database contains an auto-injector register listing all pupils who require a device. The school nurse will ensure an individual care plan is in place for each pupil with anaphylaxis when they join the school. A copy will be stored in either the junior or senior school Health Centre.

4 spare emergency auto-injectors will be kept in school of both paediatric 150mcg and adult 300mcg dose. It is the parent's responsibility to check that the emergency auto-injectors held on the pupil are in date at all times. The school will not be able to administer an auto injector that is out of date.

School trips/sport fixtures and management of anaphylaxis

The names of the girls who require an adrenaline auto-injector will appear on the major medical list prepared by the nurses and handed over to the teacher prior to the trip. The teacher leading the trip will also take a copy of the pupil's individual care plan.

Any girl going on a school trip must carry 2 adrenaline auto injectors with them at all times. It is the pupil and parent's responsibility to ensure they have both devices for the trip/fixture. Girls will be unable to go on the school trip if they do not have their own named auto injectors. The teacher accompanying them will take an emergency asthma inhaler and a supply of Piriton in the first aid kit. If the trip is residential the first aid kit will also contain a generic spare EpiPen.

If a parent/pupil prefers, and if they have enough prescribed auto injectors, there is a safe place in the health centre to store a second device for school trips and fixtures. However, it is the sole responsibility of the parent/pupil to collect any spare device from the Health centre for their trip or fixture and ensure that it is in date.