

## Anaphylaxis/Allergies Management Policy

Written by	Principal and First Aid Officer
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### Purpose

To explain to Mount Eliza North Primary School parents, carers, staff and students the processes and procedures in place to support students diagnosed as being at risk of suffering from anaphylaxis/allergies. This policy also ensures that Mount Eliza North Primary School is compliant with Ministerial Order 706 and the Department's guidelines for anaphylaxis/allergy management.

### Scope

This policy applies to:

- All staff, including casual relief staff and volunteers
- All students who have been diagnosed with anaphylaxis/allergies or who may require emergency treatment for an anaphylactic reaction and their parents and carers.

### Policy

Mount Eliza North Primary School will fully comply with Ministerial Order 706 and the associated guidelines published by the Department of Education and Training.

### Allergy

A mild to moderate allergic reaction is a reaction that occurs after exposure to an allergen. The most common allergens for school-aged children are nuts, eggs, cow's milk, fish, shellfish, wheat, soy, sesame, latex, certain insect stings and medications.

Signs and symptoms of a mild to moderate allergic reaction can include:

- Swelling of the lips, face and eyes
- Hives or welts
- Tingling in the mouth

Students with a mild or moderate allergy to food or insects should have an ASCIA Action Plan for Allergic reactions that has been completed by the student's medical practitioner.

### Anaphylaxis

Anaphylaxis is a severe allergic reaction that occurs after exposure to an allergen. The most common allergens for school-aged children are nuts, eggs, cow's milk, fish, shellfish, wheat, soy, sesame, latex certain insect stings and medications.

Signs and symptoms of anaphylaxis , a severe allergic reaction, can include:

- Difficult/noisy breathing
- Swelling of tongue
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Student appears pale and floppy
- Abdominal pain and/or vomiting

Symptoms usually develop within ten minutes and up to two hours after exposure to allergens, but can appear within a few minutes.

## Treatment

Adrenaline given as an injection into the muscle of the outer mid-thigh is the first aid treatment for anaphylaxis.

Individuals diagnosed as being at risk of anaphylaxis are prescribed an adrenaline autoinjector for use in an emergency. These adrenaline autoinjectors are designed so that anyone can use them in an emergency.

## Individual Anaphylaxis Management Plans

All students at Mount Eliza North Primary School who are diagnosed as being at risk of suffering from an anaphylactic reaction by a medical practitioner must have an Individual Anaphylaxis Management Plan. When notified of an anaphylaxis diagnosis, the principal of Mount Eliza North Primary School is responsible for developing a plan in consultation with the student's parents/carers.

Where necessary, an Individual Anaphylaxis Management Plan will be in place as soon as practicable after a student enrolls at Mount Eliza North Primary School and where possible, before the student's first day.

Parents and carers must:

- Obtain an ASCIA Action Plan for Anaphylaxis from the student's medical practitioner and provide a copy to the school as soon as practicable
- Students who have an ASCIA Action Plan for Anaphylaxis and a prescribed adrenaline auto-injector should NOT also have an ASCIA Action Plan for Allergic Reactions if they have some milder allergies as well as severe allergy — these will be included in the Action Plan for Anaphylaxis.
- Immediately inform the school in writing if there is a relevant change in the student's medical condition and obtain an updated ASCIA Action Plan for Anaphylaxis
- Provide an up to date photo of the student for the ASCIA Action Plan for Anaphylaxis when that Plan is provided to the school and each time it is reviewed
- Provide the school with a current adrenaline autoinjector for the student that is not expired
- Participate in annual reviews of the student's Plan.

Each student's Individual Anaphylaxis Management Plan must include:

- Information about the student's medical condition that relates to allergy and the potential for anaphylactic reaction, including the type of allergies the student has
- Information about the signs or symptoms the student might exhibit in the event of an allergic reaction based on a written diagnosis from a medical practitioner
- Strategies to minimise the risk of exposure to known allergens while the student is under the care or supervision of school staff, including in the school yard, at camps and excursions, or at special events conducted, organised or attended by the school
- The name of the person(s) responsible for implementing the risk minimisation strategies which have been identified in the Plan
- Information about where the student's medication will be stored with the student's emergency contact details
- An up-to-date ASCIA Action Plan for Anaphylaxis completed by the student's medical practitioner.

## Review and updates to Individual Anaphylaxis Plans

A student's Individual Anaphylaxis Plan will be reviewed and updated on an annual basis in consultation with the student's parents/carers. The plan will also be reviewed and, where necessary, updated in the following circumstances:

- As soon as practicable after the student has an anaphylactic reaction at school
- If the student's medical condition, insofar as it relates to allergy and the potential for anaphylactic reaction, changes
- When the student is participating in an off-site activity, including camps and excursions, or at special events including fetes and concerts.

Mount Eliza North Primary School may also consider updating a student's Individual Anaphylaxis Management Plan if there is an identified and significant increase in the student's potential risk of exposure to allergens at school.

## Location of plans and adrenaline autoinjectors

A copy of each student's individual Anaphylaxis Management Plan will be stored with their ASCIA Action Plan for Anaphylaxis in the school sick bay, together with the student's adrenaline autoinjector. Adrenaline autoinjectors must be labelled with the student's name. Parents may elect to provide an additional individual Anaphylaxis Management Plan and adrenaline autoinjector to be kept in their child's classroom. It will be the responsibility of the school first aid person to ensure individual Anaphylaxis Management Plans and adrenaline autoinjectors remain in date.

## Risk Minimisation Strategies

- Provide Registered Nurse Div 2 or person with Level 2 first aid qualifications
- A record of all students with Anaphylaxis/Allergy will be kept
- Copies of each student's Individual Anaphylaxis Management Plan as well as photos will be kept in designated locations around the school so that it is easily accessible by school staff in the event of an incident
- All staff to be trained in Anaphylaxis management
- Ability to recognise and respond to a "first-time" reaction in a student not previously diagnosed as allergic
- Teachers will have a list of students with Anaphylaxis/Allergy in their class
- Staff and students are regularly reminded to wash their hands after eating
- Educate students on the importance of not sharing/swapping food with others
- Educate canteen staff on risk of cross contamination of food and hidden ingredients and ensure food handler has Food Handling qualifications
- Year groups will be informed of allergens that must be avoided in advance of class parties, events or birthdays
- Plan classroom activities such as science/cooking/art avoiding specific known allergens (be mindful of hidden allergens)
- Teachers to avoid using food as rewards
- Teachers supervising any activities or parties should have a container of parent-provided safe food for allergic students
- Liaise with venue operators/camp coordinators to provide appropriate meals when on excursions/camps to avoid cross contamination/hidden ingredients
- Provision of a sign-out register for when an adrenaline autoinjector is removed from its usual storage location, such as for camps/excursions

### **Adrenaline autoinjectors for general use**

Mount Eliza North Primary School will maintain a supply of adrenaline autoinjectors for general use, as a back-up to those provided by parents and carers for specific students, and also for students who may suffer from a first time reaction at school. Adrenaline autoinjectors for general use will be stored in the sick bay and labelled “general use”.

The Principal is responsible for arranging the purchase of adrenaline autoinjectors for general use and will consider:

- The number of students enrolled at Mount Eliza North Primary School at risk of anaphylaxis
- The accessibility of adrenaline autoinjectors supplied by parents
- The availability of a sufficient supply of adrenaline autoinjectors for general use in different locations at the school, as well as at camps, excursions and events
- The limited life span of adrenaline autoinjectors, and the need for general use adrenaline autoinjectors to be replaced when used or prior to expiry.

### **Emergency Response**

In the event of an anaphylactic reaction, the emergency response procedures in this policy must be followed, together with the school’s general first aid procedures, emergency response procedures and the student’s Individual Anaphylaxis Management Plan.

A complete and up to date list of students identified as being at risk of anaphylaxis is maintained by the first aid person and stored in the sick bay. For camps, excursions and special events, a designated staff member will be responsible for maintaining a list of students at risk of anaphylaxis attending the special event, together with their Individual Anaphylaxis Management Plans and adrenaline autoinjectors, where appropriate.

If a student experiences an anaphylactic reaction at school or during a school activity, school staff must:

<b>Step</b>	<b>Action</b>
1.	<ul style="list-style-type: none"> <li>• Lay the person flat</li> <li>• Do not allow them to stand or walk</li> <li>• If breathing is difficult, allow them to sit</li> <li>• Be calm and reassuring</li> <li>• Do not leave them alone</li> <li>• Seek assistance from another staff member or reliable student to locate the student’s adrenaline autoinjector or the school’s general use autoinjector, and the student’s Individual Anaphylaxis Management Plan, stored in the sick bay</li> <li>• If the student’s plan is not immediately available, or they appear to be experiencing a first time reaction, follow steps 2 to 5</li> </ul>
2.	<p>Administer an EpiPen or EpiPen Jr (if the student is under 20kg)</p> <ul style="list-style-type: none"> <li>• Remove from plastic container</li> <li>• Form a fist around the EpiPen and pull off the blue safety release (cap)</li> <li>• Place orange end against the student’s outer mid-thigh (with or without clothing)</li> <li>• Push down hard until a click is heard or felt and hold in place for 3 seconds</li> <li>• Remove EpiPen</li> <li>• Note the time the EpiPen is administered</li> <li>• Retain the used EpiPen to be handed to ambulance paramedics along with the time of administration</li> </ul>

3.	Call an ambulance (000)
4.	If there is no improvement or severe symptoms progress (as described in the ASCIA Action Plan for Anaphylaxis), further adrenaline doses may be administered every five minutes, if other adrenaline autoinjectors are available.
5.	Contact the student's emergency contacts.

If a student appears to be having a severe allergic reaction, but has not been previously diagnosed with an allergy or being at risk of anaphylaxis, school staff should follow steps 2 – 5 as above.

[Note: If in doubt, it is better to use an adrenaline autoinjector than not use it, even if in hindsight the reaction is not anaphylaxis. Under-treatment of anaphylaxis is more harmful and potentially life threatening than over treatment of a mild to moderate allergic reaction. Refer to page 41 of the [Anaphylaxis Guidelines](#)].

### **Communication Plan**

This policy will be available on Mount Eliza North Primary School's website so that parents and other members of the school community can easily access information about Mount Eliza North Primary School's anaphylaxis management procedures. The parents and carers of students who are enrolled at Mount Eliza North Primary School and are identified as being at risk of anaphylaxis will also be provided with a copy of this policy.

The first aid person is responsible for ensuring that all relevant staff, including casual relief staff and volunteers are aware of this policy and Mount Eliza North Primary School's procedures for anaphylaxis management.

### **Staff training**

Staff at Mount Eliza North Primary School will receive appropriate training in anaphylaxis management, consistent with the Department's *Anaphylaxis Guidelines*.

Staff who are responsible for conducting classes that students who are at risk of anaphylaxis attend, and any further staff that the principal identifies, must have completed:

- An approved face-to-face anaphylaxis management training course in the last three years, or
- An approved online anaphylaxis management training course in the last two years.

Mount Eliza North Primary School uses the following training course - ASCIA Anaphylaxis eTraining.

Staff are also required to attend a briefing on anaphylaxis management and this policy at least twice per year, facilitated by a staff member who has successfully completed an anaphylaxis management course within the last two years, eg, the School Anaphylaxis Supervisor. Each briefing will address:

- This policy
- The causes, symptoms and treatment of anaphylaxis
- The identifies of students with a medical condition that relates to allegory and the potential for anaphylactic reaction, and where their medication is located
- How to use an adrenaline autoinjector, including hands on practice with a trainer adrenaline autoinjector
- The school's general first aid and emergency response procedures
- The location of, and access to, adrenaline autoinjectors that have been provided by parents or purchased by the school for general use.

When a new student enrolls at Mount Eliza North Primary School who is at risk of anaphylaxis, the principal will develop an interim plan in consultation with the student's parents and ensure that appropriate staff are trained and briefed as soon as possible.

### FURTHER INFORMATION AND RESOURCES

- School Policy and Advisory Guide:
  - [Anaphylaxis](#)
  - [Anaphylaxis management in schools](#)
- Allergy & Anaphylaxis Australia: [Risk minimisation strategies](#)
- ASCIA Guidelines: [Schooling and childcare](#)
- Royal Children's Hospital: [Allergy and immunology](#)

**Evaluation:** This policy will be reviewed as part of the school's three year review cycle.