

Hollybrook Junior School  
Anaphylaxis Protocol

In developing this protocol the school acknowledges the advice and guidance of the Anaphylaxis Society.

The school recognises that allergic shock (anaphylaxis) is a serious condition that may affect a number of pupils at the school and recognises the responsibility it has in dealing with children's allergies appropriately.

- All pupils with anaphylaxis will have an Individual Health Care Plan. Parents must share the medical information/guidance provided by their Hospital (Allergy Clinic).
- All pupil contact staff will have an understanding of what it means to be allergic whether it be a reaction of the skin, airborne, contact, ingestion, or injection.
- All pupil contact staff will be able to recognise and respond to a child who may be having an anaphylactic reaction including the administering of emergency adrenaline (epi- pen). Staff will receive regular training and updates to ensure they have a clear understanding of what to do in the event of an allergic shock.
- The school will hold an epi-pen for those children who are prescribed it and also other antihistamine medicines in either tablet or syrup form to respond to more minor reactions.
- All medications will be labelled and stored appropriately in the school office and class room if additional epi-pens are available. As a minimum the school will require two epi-pens maintained in school at all times.
- Each child will have an individual zipper bag/medical box containing their medicine and information about their allergy management. This bag will be taken off-site on school excursions.
- Staff will be informed of those children who have this condition via a medical alert poster.
- The kitchen staff will be made aware of all children who have allergies.
- The school will work in partnership with all parties to ensure the protocol is implemented.

### **Allergic Reaction**

An allergy is a hypersensitive reaction to intrinsically harmless antigens (substances) usually proteins which causes the formation of an antibody which specifically reacts with it. In susceptible individuals the reaction may develop within seconds or minutes of contact with a trigger factor. The exposure may result in a severe allergic reaction that can be life threatening.

In an anaphylactic reaction chemicals are released into the blood stream that widen the blood vessels and narrow the air passages. Blood pressure falls and breathing becomes impaired. The throat and tongue can swell thus increasing the risk of hypoxia (lack of oxygen in the blood).

### **Triggers**

- Skin or airborne contact with particular materials
- Injection of a specific drug
- Insect bite
- Ingestion of certain foods e.g. Nuts, fish and dairy products.

### **Recognition**

- Anxiety
- Widespread blotchy skin
- Rash/hives
- Swelling of the tongue and throat
- Puffiness around the eyes
- Impaired breathing

### **Serious symptoms**

- Cold, clammy skin
- Blue- grey tinge around lips
- Weakness/dizziness
- Rapid shallow breathing

### **Critical symptoms**

- Restlessness
- Aggressiveness
- Gasping for air
- Unconsciousness

### **Treatment**

- If it is identified a child/adult is having an allergic reaction call or send for help from the school first aider immediately
- DO NOT move the casualty or leave them unattended
- Ask member of staff to get pupils emergency medicine bag from school office
- The first aider should be aware of the casualty's individual care plan

- Administer antihistamine tablet/syrup as prescribed (details contained with the care plan)
- When a pupil recovers allow time to rest and contact parents as soon as possible to advise them of the incident and to arrange for collection (where necessary)
- If serious symptoms appears call 999, request ambulance stating **you have a casualty suffering from an anaphylaxis reaction.**
- Check Airway, Breathing and Circulation
- Consider the following:
  - a. Is the casualty having difficulty breathing or swallowing?
  - b. Is there any sudden weakness or floppiness?
  - c. Is there a steady deterioration?
  - d. Consider the signs of a serious reaction.
- In the event of a serious reaction administer Adrenaline via the epi-pen
- Inject into the outer thigh as directed in medical training
- Stay with pupil, note the time epi-pen was given and reassure pupil.
- Continue to monitor Airway, Breathing and Circulation
- If after 5-10 minutes the casualty has not improved use the second epi-pen
- Give as much detail to the ambulance crew on arrival regarding the allergic reaction and what medicine you have given.
- Parents are to be informed as soon as possible, but the school recognises that their first priority is to treat the patient for anaphylaxis
- Parents to be advised to go direct to the hospital. School staff to remain with the patient until a parent/guardian arrives.