

## Basic General Anaphylaxis Awareness: Handout

**Anaphylaxis** - A severe, possibly life-threatening, rapidly-occurring allergic reaction

### Common allergens-

Food	Medicines	Other
Peanuts	Antibiotics	Latex
Tree nuts	Vaccines	Insect bites/stings
Shellfish	Chlorhexidine	Hair dyes
Fish	Contrast media	
Milk	Analgesics	
Egg		
Soy		
Wheat		

**Anaphylaxis can be triggered by almost any substance in the environment**

### Reducing the Risk of a Reaction:

- Regular surface cleaning and hand-washing
- Allergens should be excluded from school meals
- Children with allergies should check with an adult before activities and meals
- “No Sharing” policy when children bring food from home
- Check any arts and crafts equipment for known allergens
- Complete risk assessments of any school outings beforehand

**Allergy Management Plans** – all children and young people with allergies should have a written management plan signed by a health care professional.

Management plans can be from:

- NHS Plans
- BSACI Plans
- London Specialist Hospital Plans

**Responsibilities:**

- **Parents** – for maintaining appropriate in-date medication
- **Prescribing doctor** – to give clear, written management plan as to when adrenaline auto-injector should be used and in what quantities.
- **Employer/Head teacher/Education Department** – to ensure staff receive appropriate awareness session and that insurance cover is in place
- **Individual administering** – to operate within these guidelines

**Signs and Symptoms**

<b>A</b> irway	<b>B</b> reathing	<b>C</b> onsciousness/Circulation
<ul style="list-style-type: none"> <li>• Persistent cough</li> <li>• Vocal changes (hoarse voice)</li> <li>• Difficulty in swallowing</li> <li>• Swollen tongue</li> </ul>	<ul style="list-style-type: none"> <li>• Difficult or noisy breathing</li> <li>• Wheezing (like an asthma attack)</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling lightheaded or faint.</li> <li>• Clammy skin</li> <li>• Confusion</li> <li>• Unresponsive/unconscious (due to a drop in blood pressure)</li> </ul>

**Allergic reaction may just be flushing of skin, hives, swelling of skin anywhere on the body, abdominal pain, and nausea and vomiting.**

**Allergic reactions should be monitored for development of anaphylactic symptoms.**

## Managing a Reaction:

- Administer adrenaline auto-injector and note time given
- Contact 999 immediately and state “anaphylaxis”
- Administer 2<sup>nd</sup> dose if no improvement after 5 minutes
- Monitor the Airway, Breathing and Circulation, consider CPR if necessary
- Never leave the child alone
- Contact the child's parents as soon as possible

**Adrenaline Auto-injectors** – Adrenaline acts quickly to constrict blood vessels, relax smooth muscles in the lungs to improve breathing, stimulate the heartbeat and help to stop swelling around the face and lips.

	EPIPEN	JEXT
<b>Appearance</b>	Blue safety cap Orange needle cover	Yellow safety cap Black needle cover
<b>Dosages available</b>	150mcg 300mcg	150mcg 300mcg
<b>Viewing Window</b>	Yes	Yes
<b>Injection Site</b>	<ul style="list-style-type: none"> <li>• Middle of upper outer thigh at 90 degree angle</li> <li>• Hold 10cm away from thigh</li> <li>• Jab firmly into thigh</li> <li>• Click should be heard</li> </ul>	<ul style="list-style-type: none"> <li>• Middle of upper outer thigh at 90 degree angle</li> <li>• Hold against thigh</li> <li>• Push firmly into thigh</li> <li>• Click should be heard</li> </ul>
<b>Administration Time</b>	3 seconds	10 seconds

### EpiPen Video

[www.epipen.co.uk/patients/epipenr-user-guide/](http://www.epipen.co.uk/patients/epipenr-user-guide/)

### Jext Video

<https://hcp.jext.co.uk/about-jext/video-demonstrations/>

## Storage of Medication –

- Stored in a labelled box/bag in close proximity to child but out of reach of others
- Box/bag should contain:
  - Adrenaline Auto-injectors
  - Antihistamine
  - Copy of management plan
  - Inhaler / Spacer – if required
- All medication should be prescribed by a Health Care Professional and have a clear, legible pharmacy label with child's details and directions of use

**Spare, emergency adrenaline auto-injectors can be purchased for schools as per Department of Health Guidance, 2017. This guidance is available here:**

**[www.gov.uk/government/publications/using-emergency-adrenaline-auto-injectors-in-schools](http://www.gov.uk/government/publications/using-emergency-adrenaline-auto-injectors-in-schools)**

## Useful Links –

- Allergy UK [www.allergyuk.org](http://www.allergyuk.org)
- BSACI [www.bsaci.org](http://www.bsaci.org)
- Anaphylaxis Campaign [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)
- EpiPen [www.epipen.co.uk](http://www.epipen.co.uk)
- Jext [www.jext.co.uk](http://www.jext.co.uk)
- Spare Pens In Schools [www.sparepensinschools.uk/](http://www.sparepensinschools.uk/)