



Cartmel CE Primary School

ANAPHYLAXIS MANAGEMENT PROCEDURES

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Contents

1	Introduction.....	1
2	Rationale.....	1
3	Managing pupils’ AAI’s	2
4	Procedure for AAI administration.....	3
4.1	Summary of action staff should take in response to a case of anaphylaxis	3
5	Managing school AAI’s.....	4
5.1	Obtaining AAI’s.....	4
5.2	The emergency AAI kit	4
5.3	Storage and care of AAI’s	4
5.4	Disposal	4
6	Staff training on and use of AAI’s.....	4
7	Record keeping	5
8	Out of Hours	6
9	School Environment.....	6
10	Off-site and Residential Visits.....	6
11	When a pupil is falling behind in lessons.....	6
12	Bullying	6
13	Disclaimer	7
14	Access to and review of procedures.....	7
Appendix A	– How to recognise an mild to moderate allergic reaction	
Appendix B	– Signs of anaphylaxis and what to do	
Appendix C	– Emergency AAI Use: Record Card	

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1 Introduction

Anaphylaxis is a severe and often sudden allergic reaction. It can occur when a susceptible person is exposed to an allergen (such as food or an insect sting). Reactions usually begin within minutes of exposure and progress rapidly but can occur up to 2-3 hours later. It is potentially life threatening and always requires an immediate emergency response.

Common allergens that can trigger anaphylaxis are:

- foods (e.g. peanuts, tree nuts, milk/dairy foods, egg, wheat, fish/seafood, sesame, and soya);
- insect stings (e.g. bee, wasp);
- medications (e.g. antibiotics, pain relief such as ibuprofen);
- latex (e.g. rubber gloves, balloons, swimming caps).

The severity of an allergic reaction can be influenced by a number of factors including minor illness (like a cold), asthma, and, in the case of food, the amount eaten. It is very unusual for someone with food allergies to experience anaphylaxis without actually eating the food: contact skin reactions to an allergen are very unlikely to trigger anaphylaxis.

The time from allergen exposure to severe life-threatening anaphylaxis and cardio-respiratory arrest varies, depending on the allergen:

- Food: While symptoms can begin immediately, severe symptoms often take 30+ minutes to occur. However, some severe reactions can occur within minutes, while others can occur over 1-2 hours after eating.⁴ Severe reactions to dairy foods are often delayed and may mimic a severe asthma attack without any other symptoms (e.g. skin rash) being present.
- Severe reactions to insect stings are often faster, occurring within 10-15 minutes.

An allergic reaction occurs because the body's immune system reacts inappropriately to a substance that it wrongly perceives as a threat. The reaction is due to an interaction between the substance ("allergen") and an antibody called Immunoglobulin E (IgE). This results in the release of chemicals such as histamine which cause the allergic reaction. In the skin, this causes an itchy rash, swelling and flushing. Many children (not just those with asthma) can develop breathing problems, similar to an asthma attack. The throat can tighten, causing swallowing difficulties and a high-pitched sound (stridor) when breathing in.

In severe cases, the allergic reaction can progress within minutes into a life-threatening reaction. Administration of adrenaline can be lifesaving, although severe reactions can require much more than a single dose of adrenaline. **It is therefore vital to contact Emergency Services as early as possible.** Delays in giving adrenaline are a common finding in fatal reactions. Adrenaline should therefore be administered immediately, at the first signs of anaphylaxis.

Up to 8% of children in the UK have a food allergy. However, the majority of allergic reactions to food are not anaphylaxis, even in children with previous anaphylaxis. Most reactions present with mild-moderate symptoms, and do not progress to anaphylaxis. Fatal allergic reactions are rare, but they are also very unpredictable. In the UK, 17% of fatal allergic reactions in school-aged children happen while at school.

2 Rationale

Cartmel CE Primary School recognises the important part that nurseries, schools, and colleges play in helping children and young people with anaphylaxis to manage their condition well to achieve good health, active learning, and personal independence.

We recognise that some pupils may need time off school or suffer disturbed sleep due to their allergies which can leave them feeling ill, tired, and irritable, and struggling to concentrate or catch up at school.

These procedures centre on the safeguarding of pupils diagnosed with anaphylaxis.

This school welcomes all pupils, including those who have anaphylaxis, and encourages them to achieve their full potential in all aspects of school life by providing a positive educational environment, procedures

to control the risks to people with anaphylaxis and to prevent and manage allergic reactions, and well-trained staff to implement them.

So that pupils diagnosed with anaphylaxis can be fully integrated into school life, we will:

- ensure that those with anaphylaxis can and do participate fully in all aspects of school life, including P.E., design technology, science, educational visits, and other extended school activities by understanding a pupil's severity of anaphylaxis and their triggers, assessing the risks and implementing control measures to try to reduce them, and by having sound emergency management procedures;
- have arrangements in place to ensure that those with anaphylaxis can get immediate access to their adrenaline auto-injector (AAI) at all times;
- keep a record of all pupils diagnosed with anaphylaxis who have an AAI (AAI register) and have an Individual Health Care Plan (IHCP) in place for pupils who need one.
- ensure that the whole school environment, including the physical, social, sporting, and educational environment, is favourable to those with anaphylaxis;
- ensure that all staff and other adults working in the school and who come into contact with pupils with anaphylaxis know what anaphylaxis is, what allergens are relevant to their work, how to best control the triggers and reactions, how to recognise reactions, and what to do in the event that a pupil is having a serious reaction;
- ensure that all pupils understand anaphylaxis so that they can support their peers; and so those with anaphylaxis can avoid the stigma sometimes associated with the condition (this might include how to recognise an allergic reaction and what to do if another pupil has one when pupils are old or mature enough and may be without close adult supervision);
- take steps to ensure that pupils with anaphylaxis are not being bullied by others and apply our anti-bullying procedures to prevent this;
- work in partnership with all interested parties including the governing body, all school staff and other adults, the school or community anaphylaxis nurse, parents and carers, other employers of adults working in the school (e.g. cleaning and catering staff), the local health protection team, and pupils to ensure these procedures are, implemented and maintained successfully.

3 Managing pupils' AAIs

Pupils with anaphylaxis need immediate access to their AAI and are encouraged to carry them as soon as their parent or carer, GP, and class teacher agree they are mature enough. The AAIs of children who are not capable of carrying them safely themselves are kept with the staff member looking after the child and carried in a bag with the child at all times.

It is explained to all staff as part of their induction that any child who appears to need or has asked for their AAI should be given it immediately and what procedure they must follow.

We ask all parents and carers to ensure they equip their child with the minimum number of AAI that their medical practitioner advises them to carry about their person (usually two) clearly labelled with their child's name. We will also ask for a clearly labelled spare AAI that can be kept in suitable location in school in case the pupil's own AAI runs out, or is damaged, lost, or forgotten.

It is the responsibility of parents and carers to ensure that medicines provided by them for their child to use at school have a reasonable length of time left before their expiry date considering how long we will need to keep it. An AAI which may be required infrequently but could be needed at any time should have no less than 2 months left before it expires on the day it is received so that the expiry will be flagged in good time to request a replacement by the regular medicines check we carry out.

If it comes to the attention of staff through their normal duties or regular checks that a medicine has expired or will expire soon, we will inform a parent or carer and ask for a replacement.

We may require pupils to take their individual spare AAI that belongs to them home during certain holidays to ensure parents have an opportunity to check it and its expiry for themselves regularly.

If a pupil appears to be having more frequent or more severe allergic reactions to their triggers, we will review the IHCP and inform their parents/carers. The pupil might need to see their GP for a review after which we might also need to review their IHCP with them and their parents.

School staff are not required to administer AAI to pupils (except in an emergency), however many staff at this school are trained and willing to either do this, or to supervise or provide other support to a pupil whilst they self-administer.

School staff who agree to administer medicines are insured by the local authority to do so when they are acting in accordance with our policies and their training given the circumstances they faced at the time.

Parents and carers will be informed about every use of an AAI on their child.

4 Procedure for AAI administration

The procedure for obtaining and using a pupil's AAI and the school owned emergency AAI are similar with slight variations to both affecting certain staff e.g. where the easily accessible but secure place pupils' own AAIs are kept if they cannot carry them, the nearest spare to their work area etc.

The school emergency AAI kit should only be used on a pupil where both medical authorisation and written parental consent have been provided. The pupil having their own prescribed AAI is the simplest form of evidence for medical authorisation.

This can also include children at risk of anaphylaxis with a medical plan confirming this, but who have not been prescribed an AAI. In such cases, specific consent for use of the spare AAI from both a healthcare professional **and** parent or carer must be obtained. Such a medical plan is also available from The British Society for Allergy and Clinical Immunology (BSACI).

All children with a diagnosis of an allergy and anaphylaxis should have a written Allergy Management Plan. BASCI produces template plans that can be completed manually or electronically for each manufacturer currently authorised to supply AAIs in the UK. A generic Individual Health Care Plan (IHCP) is not suitable.

In an emergency which resembles anaphylaxis in a pupil who has not been prescribed their own AAI and who does not have a medical plan that indicates school should **not** administer the school emergency AAI kit either, this rule can be ignored **only if** staff have dialled 999 and are being instructed to use it by paramedics.

Staff will supervise or otherwise support a pupil who is able to self-administer their own or the school emergency AAI, or they will administer it for pupils who are unable to self-administer it in accordance with their training and Appendix A 'How to recognise a mild to moderate allergic reaction'; and Appendix B 'Signs of anaphylaxis and what to do'.

4.1 Summary of action staff should take in response to a case of anaphylaxis

1. Establish that the pupil in difficulty is experiencing an allergic reaction as far as possible and try to keep them calm. Once it has been established that administration of an AAI is required, **call for an ambulance unless to do so would delay treatment.**
2. Establish the pupil's identity and the correct action to take (appendices A and B).
3. Obtain the child's AAI, the child's spare AAI, and/or the school emergency AAI if required.
4. Check the AAI to be administered is correct, not expired, and will be given at the right dose in the right way.
5. Administer or support self-administration of the AAI in accordance with appendices A and B **and call for an ambulance.**
6. Record the administration (see appendix C)
7. Inform parents or carers as soon as possible after an ambulance has been called.

5 Managing school AAI

This school will purchase and will manage one AAI in case of an anaphylaxis emergency occurring both on and off at the same time where a child's own AAI or spare is not available or safe to use. It could potentially save their life. **This decision does not in any way release parents or carers from their absolute duty to ensure that their child attends school with a fully functional AAI containing sufficient medicine for their needs.**

5.1 Obtaining AAI

This school will buy AAI from a pharmaceutical supplier in writing confirming the following:

- the name of the school;
- the purpose for which the product is required; and
- the total quantity required.

We will use the template letter in Appendix 1 to the Department of Health and Social Care (DHSC) guidance [Using emergency adrenaline auto-injectors in schools](#) to get the right supplies.

5.2 The emergency AAI kit

Each emergency AAI kit will contain:

- 1 or more AAI(s);
- Instructions on how to use the device(s);
- Instructions on storage of the AAI device(s);
- Manufacturer's information;
- A checklist of AAI, identified by their batch number and expiry date with monthly checks recorded;
- A note of the arrangements for replacing used AAI;
- A list of pupils to whom the AAI can be administered (AAI Register);
- An administration record (see Appendix E3).

5.3 Storage and care of AAI

It is the responsibility of Sarah Bowden and Rachel Battersby to maintain the school emergency AAI kit(s) ensuring that:

- on a monthly basis the AAI are present and in-date;
- replacement AAI are obtained when expiry dates approach and we have signed up to receive any manufacturer AAI expiry alerts available;
- the AAI are being stored at room temperature (in line with manufacturer's guidelines), and protected from direct sunlight and extremes of temperature;

The school emergency AAI kit/s will be clearly labelled and kept separately from pupils' own spare AAI to avoid any confusion in the school office. This is a safe and suitably central location in school, known to all staff, and to which all staff have access at all times, but in which the AAI is out of easy reach and sight of children. They will not be locked away.

5.4 Disposal

This school is registered online at www.gov.uk/waste-carrier-or-broker-registration as a waste carrier so that we can legally dispose of spent, expired, or faulty AAI or return them to be recycled by the manufacturer and will follow the manufacturer's or our pharmaceutical suppliers' guidelines on disposal.

6 Staff training on and use of AAI

The individual responsible for overseeing the protocol for use of the school emergency AAI, monitoring its implementation, and for maintaining the anaphylaxis register is Rachel Battersby.

All staff are trained:

- To recognise the range of signs and symptoms of an allergic reaction;
- To understand the rapidity with which anaphylaxis can progress to a life-threatening reaction, and that anaphylaxis may occur with prior mild (e.g. skin) symptoms;
- To appreciate the need to administer adrenaline without delay as soon as anaphylaxis occurs, before the pupil might reach a state of collapse (after which it may be too late for the adrenaline to be effective);
- On the policy for supporting pupils at school with their medical conditions, our anaphylaxis procedures, and their role in both;
- How to check if a child is on the AAI register;
- How to access and use the appropriate AAI;
- Who the designated members of staff are and how to access their help.

Pupils are involved in age and developmentally appropriate ways in our emergency anaphylaxis procedures e.g. fetching help or equipment, to increase community awareness of severe allergies, build peer-to-peer resilience, promote leadership skills, and reduce stigma or bullying.

Designated staff have a specific responsibility for helping to administer the school emergency AAI, i.e. they have volunteered to help a child use the school emergency AAI, are trained to do so, and are identified in these procedures as people to whom all staff can turn to for support in an anaphylaxis emergency.

Designated staff are trained in everything that all staff are trained in listed above and:

- responding appropriately to a request for help from another member of staff;
- recognising when emergency action is necessary;
- practical instruction in how to use the different AAI devices;
- making appropriate records of allergic reaction; and
- ensuring parents are informed.

We arrange specialist training for designated staff and use online resources and introductory e-learning modules for all staff available at <http://www.sparepensinschools.uk>, (although this is NOT a substitute for face-to-face training), specific training or advice offered by the school or community anaphylaxis nurse or another suitably qualified professional to inform our practice when managing pupils who have anaphylaxis.

7 Record keeping

At the beginning of each school year or when a child joins our school, parents/carers are asked if their child has any medical conditions, including anaphylaxis, on their enrolment form.

All parent/carers of pupils with anaphylaxis are asked to complete an IHCP or BASCI [Anaphylaxis Management Plan](#) with advice from their GP where needed, to help us manage their child's exposure and symptoms during school activities.

The information will be used to update the school anaphylaxis register to include:

- Known allergens and risk factors for anaphylaxis;
- Whether a pupil has been prescribed AAI(s) (and if so what type and dose);
- Where a pupil has been prescribed an AAI whether parental consent has been given for use of the spare AAI which may be different to the personal AAI prescribed for the pupil;
- A photograph of each pupil to allow a visual check to be made (this will require parental consent) which is made available to all school staff and other adults working in the school to ensure medicines are administered appropriately.

The use of **any** AAI device will be recorded including:

- Where and when the **reaction** took place (e.g. PE lesson, playground, classroom);
- How much adrenaline was given, and by whom;
- When and how the person given the AAI was transferred to hospital for further monitoring;
- When and how parents were contacted to inform them (hospital discharge documentation will be sent to the pupil's GP to inform them of the reaction).

We review all anaphylaxis management plans at least annually, asking parents and carers to update their existing plan or exchange it for a new one and we remind them to tell us as soon as possible if their child's condition or medical needs changes.

8 Out of Hours

Extra-curricular activities and out-of-school clubs operated by this school are open to all pupils equally and those with anaphylaxis are encouraged to participate in everything we offer alongside their peers.

To enable pupils with anaphylaxis to participate as safely as possible, we ensure that all teaching, teaching support staff, sports coaches, and other activity leaders who run school activities outside of normal school hours are aware of our anaphylaxis procedures, the pupils they need to be applied for, and how to minimise anaphylaxis triggers and reactions.

9 School Environment

This school does all that we reasonably can to ensure the school environment is favourable to pupils with anaphylaxis.

We do not own or keep animals that are known anaphylaxis triggers and where it is unavoidable that contact with an animal trigger can become likely e.g. in the presence of disability service animals or on educational visits off-site, we carefully manage situations that may cause a reaction.

We carefully eliminate or manage pupils' potential exposure to known triggers of anaphylaxis. Areas of the curriculum we pay particular attention to which may expose pupils to triggers include science, design technology, food technology, art, religious studies, drama, and outdoor activities.

10 Off-site and Residential Visits

All procedures to be followed on-site to manage anaphylaxis, including pupils carrying their own AAI if they can and staff support for the administration, have been adapted to be carried out off-site.

Visit leaders are expected to check the medical needs of pupils in good time to ensure equality of access to the curriculum and to be adequately prepared for their educational visit e.g.

- to understand which pupils have anaphylaxis;
- the severity of their symptoms;
- relevant triggers to be avoided or reduced;
- their treatment or care plan and the role of staff in it;
- and the pupil's competence in carrying and administering their own medicines.

11 When a pupil is falling behind in lessons

If a pupil is missing a lot of time at school or is always tired because their allergies are disturbing their sleep at night, the class teacher will initially talk to the parents/carers to develop a plan to support better management of their symptoms and/or to prevent their child from falling behind. If appropriate, the teacher will then talk to the school or community nurse and SENDCo about the pupil's needs.

We recognise that it is possible for pupils with anaphylaxis to have special education needs (SEN) due to their anaphylaxis.

12 Bullying

Whilst bullying can happen to any pupil, this school recognises that those who feel or seem different to others can be particularly vulnerable. Our Anti-bullying procedures which are part of the Whole School Behaviour Policy will be used and enforced in any situation where a pupil is being bullied or intimidated due to their medical condition.

13 Disclaimer

While every effort will be made to ensure that the appropriate medical attention is sought at the earliest opportunity in the event of a pupil experiencing an anaphylaxis emergency, this school cannot accept responsibility for adverse events when parents/carers have failed to provide the working AAI their child needs to manage their allergic reactions.

14 Access to and review of procedures

The Anaphylaxis Procedures will be accessible to all staff and other adults working in the school and the community on our website. A printed copy is available from the school office.

These procedures will be reviewed on a two-yearly cycle.

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How to recognise a mild to moderate allergic reaction

Symptoms include:

- sneezing and an itchy, runny or blocked nose (allergic rhinitis)
- itchy, red, watering eyes (conjunctivitis)
- wheezing, chest tightness, shortness of breath and a cough
- a raised, itchy, red rash (hives)
- swollen lips, tongue, eyes or face
- tummy pain, feeling sick, vomiting or diarrhoea
- dry, red and cracked skin

A child will not necessarily experience all of these symptoms in the same episode.

ACTION:

- Stay with the person, call for help if necessary
- Locate adrenaline auto-injector(s) in case needed
- Give antihistamine according to the child's allergy treatment plan
- Phone parent/emergency contact
- **WATCH FOR SIGNS OF ANAPHYLAXIS**

Signs of anaphylaxis

Airway

Persistent cough
Hoarse voice
Difficulty swallowing
Swollen tongue

Breathing

Difficult or noisy breathing
Wheeze or persistent cough

Consciousness

Persistent dizziness
Becoming pale or floppy
Suddenly sleepy, collapse, unconscious

IF ANY ONE (or more) of these signs are present:

1. Lie child flat with legs raised: (if breathing is difficult, allow child to sit)
2. Use Adrenaline auto-injector* without delay
3. Dial 999 to request ambulance and say **ANAPHYLAXIS**

***** IF IN DOUBT, GIVE ADRENALINE *****

After giving Adrenaline:

1. Stay with child until ambulance arrives, do NOT stand them up
2. Commence CPR if there are no signs of life
3. Phone parent/emergency contact
4. If no improvement after 5 minutes, give a further dose of adrenaline using another autoinjector device, if available.

Anaphylaxis may occur without initial mild signs: **ALWAYS use adrenaline auto-injector FIRST in someone with known food allergy who has SUDDEN BREATHING DIFFICULTY** (persistent cough, hoarse voice, wheeze) even if there are no skin symptoms

