



## Students - Series 3000

### Accommodating Students with Anaphylaxis – 3412p

#### Preventing Anaphylaxis

Anaphylaxis is a severe life-threatening allergic response. An allergy is an abnormal immune response to a substance (allergen). Some common allergens are peanuts, tree nuts, *fish/shellfish, seafood, soy, milk, egg, bee or other insect stings, and latex.* Sensitization is caused by an initial exposure, with subsequent contact sometimes resulting in a broad range of inflammatory responses. *Symptoms of severe allergic reaction (anaphylaxis) may include breathing difficulty, facial/throat swelling or tingling, hives, rash, itching, stomach cramps, nausea/vomiting, or dizziness.* Allergic responses can also include eczema, allergic rhinitis (runny nose), red eyes, hay fever, asthma, or hives. Exposure to allergens may occur by contact, swallowing, or inhaling.

Avoiding exposure to a known allergen is the best way to prevent anaphylaxis. The following are examples of ways a school may assist a student with potential risk for anaphylaxis in avoiding specific allergens:

- Establish an “Allergen-Aware” table in the lunchroom. Ensure that the table is thoroughly cleaned before and after student use.
- Send a classroom letter advising families of potential student allergy and request their assistance in keeping products that may cause harm out of the classroom.
- Remind staff to carefully read labels before using the product in a classroom activity, for example many potting soils contain peanut products.
- Custodial staff monitor playgrounds and fields for insect nests and treat as needed.

#### Staff Training

- Annual general training in symptoms, treatment, and prevention of anaphylaxis is designed for school personnel indirectly involved with students(s) with the potential to develop anaphylaxis. This training may include office staff, athletic personnel, bus drivers, custodial staff, teaching staff, paraprofessionals, playground supervisors, and others.
- Specific training in symptoms, treatment, and prevention of anaphylaxis is designed for school personnel directly involved with the student(s) with severe allergy. This training will be specific for the student(s) with an Individualized Health Care Plan (IHCP) and may include teacher(s), athletic personnel, paraprofessionals assigned to provide direct care, bus drivers, food service personnel, and others as appropriate. *The school nurse will train and supervise staff in the child specific care of students with the potential of developing anaphylaxis.*

### **Individualized Health Care Plan (IHCP)**

The parent/guardian is responsible for notifying the school about a student's allergy and potential risk for developing anaphylaxis. The school staff will provide the parent with a packet of information that needs to be completed and returned. The school nurse will meet with the parent and collaborate to develop the student's IHCP before the student may attend school. (See Board Policy 3413 Immunizations and Life-Threatening Health Conditions.)

### **Communication about Student IHCPs in the School**

The school nurse will disseminate details of the IHCP(s) to appropriate staff via email and/or hard copy. Specific training for each student care plan will be provided as noted above. The following are the general guidelines for responding to a student with a potential to develop anaphylaxis.

### **Anaphylaxis Response Procedures**

In the event of an anaphylactic episode, school staff will provide first aid, and specific care will be provided as outlined in the student's IHCP. Symptoms of severe allergic reaction (anaphylaxis) may include breathing difficulty, facial/throat swelling or tingling, hives, rash, itching, stomach cramps, nausea/vomiting, or dizziness.

### **FIRST AID FOR ANAPHYLAXIS**

- Always accompany and do not leave the student while s/he is experiencing symptoms. Call for assistance to location if student is unable to walk.
- Have student lie down or allow the student to assume position of comfort. Provide a calm, quiet environment. Remove potential allergens.
- Follow student's IHCP for the use of epinephrine and assist the student as needed.
- Call 911 for any exposure to a known allergen, any time epinephrine is administered, or if symptoms of anaphylaxis are present.
- Notify the parent/guardian.
- Be prepared to start CPR if student stops breathing.
- If student is not transported by emergency personnel, s/he must be picked up by an adult and taken home, so s/he can be watched closely for any symptoms that may occur later.

### **The following shall be easily accessible:**

- Emergency medication provided by parent/guardian
- Health care provider's request for epinephrine to treat anaphylaxis that includes parent/guardian signed permission
- Individualized Health Care Plan
- Backup emergency medication, if provided by parent/guardian, for the student who is authorized to carry and self-administer medication(s)

### **Authorization for Student to Carry and Self-Administer Medication(s) for Anaphylaxis**

A student with the potential to develop anaphylaxis shall be allowed to carry and self-administer prescribed medication(s) while in school, at a school-sponsored event, or in transit to/from school or a school-sponsored event, provided the following requirements are met:

- The health care provider prescribes the medication(s) for use by the student.
- The student's parent/guardian submits a written request, signs the district permission form, and provides phone contacts.

The HEALTH CARE PROVIDER REQUEST FOR EPINEPHRINE TO TREAT ANAPHYLAXIS is the form recommended to meet the above requirements. The authorization for a student to carry and self-administer medication(s) for the treatment of anaphylaxis will be valid for the current school year only. The parent/guardian must renew the authorization with the health care provider annually and give it to the building health room staff before the student attends school. A student's authorization to possess and self-administer medication(s) for anaphylaxis may be limited or revoked by the building principal after consultation with the school nurse and the student's parent/guardian, if the student demonstrates an inability to responsibly possess and self-administer such medication(s).

September 2018