

# GET TRAINED<sup>®</sup>



It's time for all school staff to

## GET TRAINED

to administer an epinephrine auto-injector  
in an emergency!

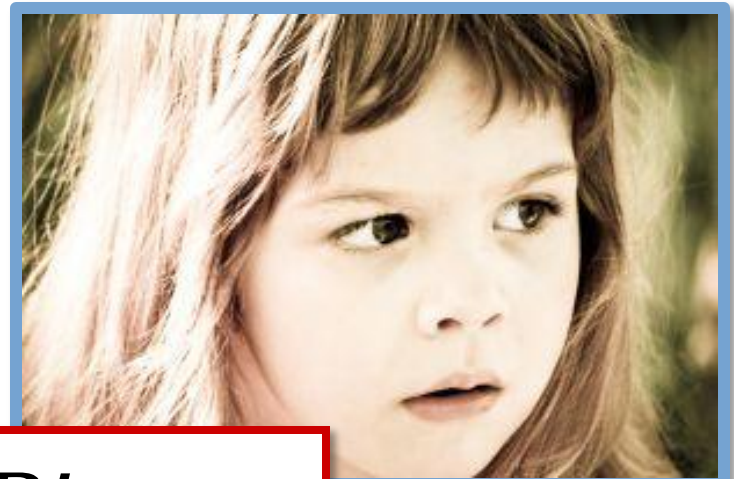


This program is supported by an unrestricted grant from  
Mylan Specialty

# What Would You Do?



- Bianca has a bee sting allergy
- Her class is on a field trip
- She tells the teacher that she was stung –
  - The teacher sees that she is pale and can hear that she is wheezing
  - Her tongue starts to swell, she gasps for air
  - Bianca is experiencing anaphylaxis



*Bianca*

# You have moments to react

- Bianca is having a life-threatening allergic reaction
- Without prompt treatment with a drug called epinephrine, Bianca could die within minutes
- Do you know what to do?
- **Do you know how to give epinephrine?**

**TODAY IS THE DAY THAT  
YOU WILL LEARN HOW TO  
SAVE A CHILD'S LIFE -**



# Objectives

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- Learn the signs and symptoms of anaphylaxis
- Have the skills to administer an epinephrine auto-injector
- Review the use of an Emergency Care Plan in responding to a student health emergency

Learn to save the life of a child like Bianca!



# What is Anaphylaxis?



# What is an allergic reaction?

- An allergy occurs when the immune system mistakenly attacks a food protein or normally harmless substance – it perceives the food or substance as a harmful or foreign one
- Exposure to the offending food or allergen may trigger the sudden release of chemicals, including histamine, resulting in symptoms of an allergic reaction
- The symptoms may be mild or severe – may progress over minutes or hours

# Allergic Reactions

- Common allergens include:
  - Bee stings
  - Latex
  - Food Allergies - most common allergens:

Milk	Egg
Peanut	Tree nuts (walnuts, cashews, pecans, etc.)
Fish	Shellfish
Soy	Wheat



# Anaphylaxis (“anna-fill-axis”)

- Anaphylaxis is a severe allergic reaction that can be life-threatening
- It must be treated immediately
- The drug of choice is epinephrine
- The time to learn how to give life-saving medication is now – it needs to be given without delay

**It's time to GET TRAINED!**

Sicherer & Simons, 2007

# Allergic Reactions

- Preventing an exposure is key
- For students with a diagnosed allergy:
  - **Know who can help!**
    - ✓ Talk to your school nurse or care coordinator
  - **Know how to react!**
    - ✓ Know the signs and symptoms of anaphylaxis
    - ✓ Learn about the student's Action / Emergency Care Plan
    - ✓ Know where your student's medication is and how to help in an emergency

# Allergy Response

- Remove student from allergen if possible – or remove allergen from student
- Assess student symptoms – be prepared to initiate an Emergency Care Plan quickly
- Administer an epinephrine auto-injector **WITHOUT DELAY**
- Call 911 for an ambulance
- Epinephrine may need to be repeated in 5 – 20 minutes
- Have two auto-injectors available if possible

# Allergy Management

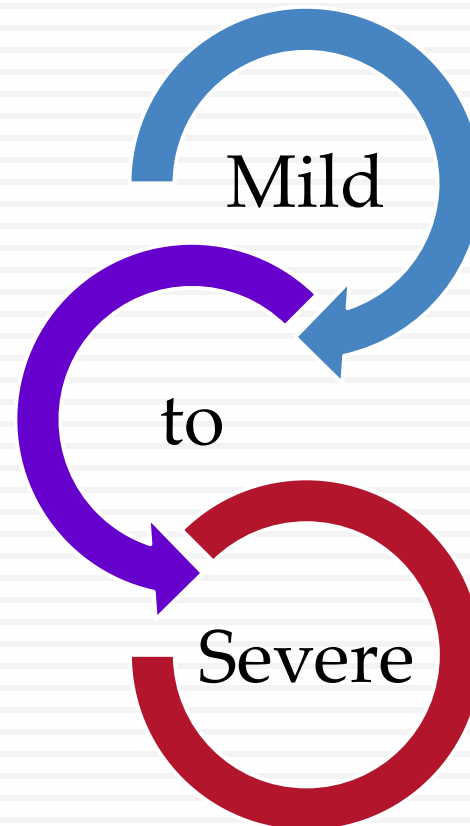
- Collaboration is vital – everyone should be aware of students with allergies

Classroom Teachers	School Administration
Special Area Teachers	Food Service
Student Instructional Support Personnel	Custodians
Transportation Staff	Everyone!

- Must be willing to work as a team to keep these students safe



# Signs and Symptoms



# What does it look like?

## Mild Allergic Reaction:

- MOUTH: Itchy mouth
- SKIN: A few hives around mouth/face, mild itch
- ABDOMINAL AREA/ STOMACH: Mild nausea/discomfort

# What does it look like?

Anaphylaxis: **Any SEVERE SYMPTOMS** after suspected or known ingestion:

□ **One or more** of the following:

- **LUNG:** Short of breath, wheeze, repetitive cough
- **HEART:** Pale, blue, faint, weak pulse, dizzy, confused
- **THROAT:** Tight, hoarse, trouble breathing /swallowing
- **MOUTH:** Obstructive swelling (tongue and/or lips)
- **SKIN:** Many hives over body

# What does it look like?

Anaphylaxis: **Any SEVERE SYMPTOMS** after suspected or known ingestion:

- Or **combination** of symptoms from different body areas:
  - **SKIN:** Hives, itchy rashes, swelling (e.g., eyes, lips)
  - **ABDOMINAL AREA/ STOMACH :** Vomiting, diarrhea, crampy pain



# How will I know what to do?

- School Nurse will develop an Emergency Care Plan for students with a diagnosed allergy
- Includes steps to follow
- Should be reviewed regularly

Be prepared to act!

# Allergy Action/Emergency Care Plan

- Individual – specific to the student
- Should go to all school staff
- Information should be treated with care

+ **FARE**  
Food Allergy Research & Education
FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Allergy to: \_\_\_\_\_








Weight: \_\_\_\_\_ lbs.      Asthma:  Yes (higher risk for a severe reaction)  No

**For a suspected or active food allergy reaction:**

PLACE STUDENT'S PICTURE HERE

FOR ANY OF THE FOLLOWING SEVERE SYMPTOMS

If checked, give epinephrine immediately if the allergen was definitely eaten, even if there are no symptoms.

 <b>LUNG</b> Short of breath, wheezing, repetitive cough	 <b>HEART</b> Pale, blue, faint, weak pulse, dizzy	 <b>THROAT</b> Tight, hoarse, trouble breathing/ swallowing	 <b>MOUTH</b> Significant swelling of the tongue and/or lips
 <b>SKIN</b> Many hives over body, widespread redness	 <b>GUT</b> Repetitive vomiting or severe diarrhea	 <b>OTHER</b> Feeling something bad is about to happen, anxiety, confusion	<b>OR A COMBINATION</b> of mild or severe symptoms from different body areas.

NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. Use Epinephrine.

1. **INJECT EPINEPHRINE IMMEDIATELY.**





2. **Call 911.** Request ambulance with epinephrine.

- Consider giving additional medications (following or with the epinephrine):
  - » Antihistamine
  - » Inhaler (bronchodilator) if asthma
- Lay the student flat and raise legs. If breathing is difficult or they are vomiting, let them sit up or lie on their side.
- If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- Alert emergency contacts.
- Transport student to ER even if symptoms resolve. Student should remain in ER for 4+ hours because symptoms may return.

NOTE: WHEN IN DOUBT, GIVE EPINEPHRINE.

MILD SYMPTOMS

If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.

 <b>NOSE</b> Itchy/runny nose, sneezing	 <b>MOUTH</b> Itchy mouth
 <b>SKIN</b> A few hives, mild itch	 <b>GUT</b> Mild nausea/discomfort

↓ ↓ ↓

1. **GIVE ANTIHISTAMINES, IF ORDERED BY PHYSICIAN**
2. Stay with student; alert emergency contacts.
3. Watch student closely for changes. If symptoms worsen, **GIVE EPINEPHRINE.**

MEDICATIONS/DOSES

Epinephrine Brand: \_\_\_\_\_

Epinephrine Dose:  0.15 mg IM     0.3 mg IM

Antihistamine Brand or Generic: \_\_\_\_\_

Antihistamine Dose: \_\_\_\_\_

Other (e.g., Inhaler-bronchodilator if asthmatic): \_\_\_\_\_

PARENT/GUARDIAN AUTHORIZATION SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ PHYSICIAN/HCP AUTHORIZATION SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

FORM PROVIDED COURTESY OF FOOD ALLERGY RESEARCH & EDUCATION (FARE) (WWW.FOODALLERGY.ORG) B2013

# Epinephrine Administration

**FARE** FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN  
For Emergency Response to Severe Allergic Reactions

Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_  
Allergy to: \_\_\_\_\_  
Weight: \_\_\_\_\_ lbs. Asthma:  Yes (higher risk for a severe reaction)  No

**For a suspected or active food allergy reaction:**

**FOR ANY OF THE FOLLOWING SEVERE SYMPTOMS**  
 If checked, give epinephrine immediately if the allergen was definitely eaten, even if there are no symptoms.

<b>LUNG</b> Short of breath, wheezing, or repetitive cough	<b>HEART</b> Pale, blue, faint, weak pulse, dizzy	<b>THROAT</b> Tight, hoarse, trouble breathing/ swelling of the tongue and/or lips	<b>MOUTH</b> Significant swelling of the tongue and/or lips
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**1. INJECT EPINEPHRINE IMMEDIATELY.**  
**2. Call 911.** Request ambulance with epinephrine.

- Consider giving additional medications (following or with the epinephrine):
  - Antihistamine
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**MEDICATIONS/DOSES**

Epinephrine Brand: \_\_\_\_\_  
Epinephrine Dose: ( ) 0.15 mg IM ( ) 0.3 mg IM  
Antihistamine Brand or Generic: \_\_\_\_\_  
Antihistamine Dose: \_\_\_\_\_  
Other (e.g., inhaler/bronchodilator if asthmatic): \_\_\_\_\_

PARENT/GUARDIAN AUTHORIZATION SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
PHYSICIAN/MDP AUTHORIZATION SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Know what  
to do!

Act  
Quickly!

# Epinephrine

- Epinephrine is the drug of choice for anaphylaxis
- Should be administered PROMPTLY
  - Some protocols call for epinephrine to be administered with or without symptoms
- **A delay in treatment can have devastating results**

Robinson & Ficca, 2011  
Sicherer & Simons, 2007

# Epinephrine Auto-Injectors

- Epinephrine Auto-injectors are easy to use
- Come with instructions
  - ▣ Trainers available for practice use
- Websites have video demonstrations – know the auto-injector prescribed for your student and know how to administer it!

<b>Epi-Pen<sup>®</sup> video</b>	<a href="http://www.epipen.com/how-to-use-epipen">http://www.epipen.com/how-to-use-epipen</a> <a href="http://www.epipen.com/how-to-use-epipen">Epipen4schools.com</a>
<b>Auvi-Q<sup>®</sup> video</b>	<a href="https://www.auvi-q.com/">https://www.auvi-q.com/</a>
<b>Adrenaclick<sup>®</sup></b>	<a href="http://www.adrenaclick.com/about-adrenaclick/adrenaclick-training.aspx">http://www.adrenaclick.com/about-adrenaclick/adrenaclick-training.aspx</a>
<b>Generic</b>	Coming soon

# Review – Steps to Follow

If student has symptoms of anaphylaxis:

- Follow Emergency Care / Allergy Action Plan – call the school nurse if available
- Give the epinephrine auto-injector without delay – give 2<sup>nd</sup> dose in 5 – 20 minutes if needed
- Call 911 to transport student to hospital
- Get support from administration to call parent

**Do not leave student alone!**

# Document and Debrief

- Discuss with the school nurse how to record that you gave an epinephrine auto-injector dose and the symptoms you witnessed
- Have a debriefing meeting with the nurse and school administration after giving an epinephrine auto-injector
  - Talk about how response went
  - Talk about feelings
  - Talk about ways to improve in the future

# You Can Do It!

- You know what to do when a student is having a life-threatening allergic reaction
- You know how to give epinephrine
- You know how to save the lives of children like Bianca!



*Bianca*



**TODAY IS THE DAY THAT  
YOU LEARNED HOW TO  
SAVE A CHILD'S LIFE!**



**GET TRAINED** 

Thank you for taking the time to  
**GET TRAINED**  
to administer an epinephrine auto-injector  
in an emergency!

# References

- Food Allergy and Anaphylaxis Network (2012). Retrieved from: <http://www.foodallergy.org/>
- Robinson, J. & Ficca, M. (2012). Managing the student with severe food allergies. *Journal of School Nursing*, 28(3), 187-194. doi: 10.1177/1059840511429686.
- Sicherer, S. & Simons, F.E. (2007). Self-injectable epinephrine for first aid management of anaphylaxis. *Pediatrics*, 119(3), 638-646. doi: 10.1542/peds.2006-3689.

# References

- For more information – know the brand of epinephrine auto-injector that your student has been prescribed:
- Epi-Pen<sup>®</sup>: [www.epipen.com](http://www.epipen.com)
- Auvi-Q<sup>®</sup>: <https://www.auvi-q.com/>