

## Anaphylaxis Policy

### Background

Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life threatening. The most common allergens in school aged children are peanuts, egg, tree nuts (e.g. cashews), cow's milk, fish and shellfish, wheat, soy, sesame, latex, certain insect stings and medications.

The key to prevention of anaphylaxis in schools is knowledge of those students who have been diagnosed at risk, awareness of triggers (allergens), and prevention of exposure to these triggers. Partnerships between schools and parents are important in ensuring that certain foods or items are kept away from the student while at school.

Adrenaline given through an EpiPen® auto-injector to the muscle of the outer mid-thigh is the most effective first aid treatment for anaphylaxis.

### Aims:

- To minimise the risk of an anaphylactic reaction occurring while students attend Whittlesea Secondary College.
- To raise awareness about anaphylaxis and the school's anaphylaxis management policy in the school community.
- Ensure that staff members respond appropriately to an anaphylactic reaction by initiating appropriate treatment, including competently administering an EpiPen®.
- Raise the service community's awareness of anaphylaxis and its management through education and policy implementation.

Whittlesea Secondary College have policies and procedures in place that ensure that the risks associated with severe allergies are minimised so that all students can feel safe while at school.

### Signs and Symptoms:

The symptoms of a **mild to moderate allergic reaction** can include:

Swelling of the lips, face and eyes

Hives or welts

Abdominal pain and/or vomiting

Symptoms of anaphylaxis (**a severe allergic reaction**) can include:

Difficulty breathing or noisy breathing

Swelling of the tongue

Swelling/tightness in the throat

Difficulty talking and/or a hoarse voice

Wheezing or persistent coughing

Loss of consciousness and/or collapse

Young children may appear pale and floppy

Symptoms usually develop within 10 minutes to one hour of exposure to an allergen but can appear within a few minutes.

**Implementation:**

Providing, as far as practicable, a safe and supportive environment in which students at risk of anaphylaxis can participate equally in all aspects of the student's schooling.

At Whittlesea Secondary College:

- Ensure there is an anaphylaxis management policy in place
- Ensure that the policy is displayed at the service
- Ensure that trained staff will administer the EpiPen®

The individual anaphylaxis management plan will be in place as soon as practicable after the student enrolls and where possible before their first day of school.

The individual anaphylaxis management plan will set out the following:

- Information about the diagnosis, including the type of allergy or allergies the student has (based on a diagnosis from a medical practitioner).
- Strategies to minimise the risk of exposure to allergens while the student is under the care or supervision of school staff, for in-school and out of school settings including camps and excursions.

The names of the person/s responsible for implementing the strategies need to ensure:

- Information on where the student's medication will be stored.
- The student's emergency contact details.

An emergency procedures plan (ASXIA Action Plan), provided by the parent is obtained, that:

- Sets out the emergency procedures to be taken in the event of an allergic reaction;
- Is signed by a medical practitioner who was treating the child on the date the practitioner signs the emergency procedures plan; and
- Includes an up to date photograph of the student.

The student's individual management plan will be reviewed, in consultation with the student's parents/carers:

- Annually, and as applicable,
- If the student's condition changes, or
- Immediately after a student has an anaphylactic reaction at school.

It is the responsibility of the parent to:

- Provide the emergency procedures plan (ASXIA Action Plan).
- Inform the school if their child's medical condition changes, and if relevant, provide an updated emergency procedures plan (ASXIA Action Plan).
- Provide an up to date photo for the emergency procedures plan (ASXIA Action Plan) when the plan is provided to the school and when it is reviewed.

**Evaluation:**

This policy will be reviewed as part of the school's three year review cycle.